

Alchemy: The Secret of Immortality

ALCHEMY

The Secret Of Immortality Finally Revealed



**How To Make
The
Philosopher's
Stone
In Your
Kitchen Lab
& Have
A Healthy Life
For A Very,
Very Long Time**

Art Kunkin

This book is copyright 2008 by Art Kunkin. However, the copyright holder does not object to the purchaser reprinting and distributing ten (10) free copies of this eBook to close friends so that this information becomes widely accessible. However, only registered purchasers will receive important research updates.

So, please, if you have not purchased this book yourself, please go to www.alchemyrevealed.com, register yourself and pay the small amount requested there for this extraordinarily valuable information. Then you will receive the Newsletter including updated reports by the actual users of the Stone. Thanks. Art Kunkin

Important Note: January 18, 2008

This is an uncorrected and incomplete manuscript edition of this book as of this date. It is being distributed to a few interested people because of my desire, as indicated in the Introduction, to circulate the practical information in Book One about making the Philosopher s Stone as soon as possible. In coming weeks I will be sending updated editions of this manuscript to all people on my mailing list at no additional charge until the final edition becomes available. Please note the edition date in your possession-- my website will show the most current date -- and delete all outdated copies.

If you have received a complimentary copy of this book (and, consequently, are not in my database of purchasers) but want to receive research newsletters from me as well as the updated manuscripts, please fill out the Paypal form on my website (www.alchemyrevealed.com) so you will be on my mailing list.

Thank you. I look forward to being your friend and companion in this research and activities to improve the world for many, many years to come. Sincerely, Art Kunkin

ALCHEMY

The Secret Of Immortality Finally Revealed

**This book is dedicated
to all the men, women & children
who have wanted health, happiness
and physical immortality
during the last 200,000 years
...but were frustrated by death !**

TABLE OF CONTENTS

Introduction: Welcome To This Practical Manual

Book One: How To Easily Make An Herbal Stone For Adding Healthy Years To Your Life

Chapter 1:	What Are The Two Goals Of Alchemy?	10
Chapter 2:	Why Alchemy Seems To Be A Pseudo-Science?	11
Chapter 3:	What Is The Secret Fire Needed To Make The Philosopher s Stone?	14
Chapter 4:	Why The Philosopher s Stone Can Slow Or Stop Your Aging?	23
Chapter 5:	Where And How Can You Obtain The Secret Fire?	36
Chapter 6:	How To Make A Stone! How To Build Your Kitchen Laboratory!	35
Chapter 7:	How To Use Your Stone Safely.	41
Chapter 8:	Four Stones: Herbal, Animal, Mineral And Human	48
Chapter 9 :	Ordinary Ways To Find Friends To Help You Make A Stone	56

Book Two: Possible Ways To Make A Stone For Elemental Transmutations

Chapter 10:	Transmutations I Have Done In My Kitchen Lab.	57
Chapter 11:	U.S. Army Researchers Verify Kervran's Biological Transmutations.	
Chapter 12:	Is The Mineral Stone Possibly A Super-Heavy Element?	

Book Three: Yogas To Turn Yourself Into Gold

Chapter 13:	The Tibetan Book of The Dead Teaches Conscious Reincarnation.	59
Chapter 14:	Hebrew Kabbala & Buddhist Abhidhamma: Methods For Enlightenment.	
Chapter 15:	Hindu Kundalini & Chinese Taoism: Sexual Yogas To Increase Energy.	
Chapter 16:	Sexual Yoga And Alchemy In The Old Testament.	
Chapter 17:	Neuro-Linguistic Programming: Modelling An Alchemist	

Book Four: Some Notes On The History Of Alchemy

Chapter 18:	The Secret Origins of Alchemy In Sumeria	59
Chapter 19:	Experiments We Made To Find The Secret Fire: Not This, Not That!	60
Chapter 20:	Immortal Vampires and Constructed Frankensteins	65
Chapter 21:	Gnostics, Cathars, Templars, Freemasons and Rosicrucians	
Chapter 22:	Alchemy In Salt Lake City: Frater Albertus And Israel Regardie.	
Chapter 23:	Alchemy At Hogwarts: Nicholas Flamel And Harry Potter.	

Book Five: Why Humans Want To Become Immortal?

Chapter 24:	The Denial Of Death: Gilgamesh, Jung And Post-Freudianism.	
Chapter 25 :	Zanoni & St. Germain: Famous Legends About Immortals.	
Chapter 26:	How Immortals Can Improve The World.	

Resources: Appendices of Documents, Bibliography and Index

Introduction: Welcome To This Practical Manual

(Please be sure to read this first before starting to make your Stone)

I believe that what you are about to read here will help you extend your life by many, many healthy years. Book One of this eBook is a short and practical manual to do so. This section gives you all the information you will need to easily and inexpensively make the legendary Philosopher's Stone I am using for life extension myself.

This is not a finished project. It is still a research project. I do not claim to know all the answers and, therefore, am calling upon my readers to help me discover more of the truth. I am certain that the Stone I am teaching you to make can be improved. However, I do believe that the new approach to the ancient science of alchemy I am recommending is the road to be taken and developed. It is logical, scientific and is backed by the experiential proof of large numbers of people who in the course of their life have benefited from accidental and partial contact with the Stone as it appears in Nature. There is scientific proof of this in this manuscript.

I want to underline this point. The Stone is in Nature and in all living bodies. The alchemical scientist is an artist simply taking a Natural Principle, purifying the substances in which it naturally appears and applying it in a conscious way so that the same mechanism giving us life today for seventy or eighty years will allow us to live for two hundred years or a thousand years or more depending on circumstance. I feel this truth in my heart and in the observations I make each day of how the Stone I have made is improving my physical body and emotional outlook. The truth about the Stone is that it is already in us, it is already responsible for our life but there is not enough of it in our body to make us immortal.

Book One is the 'heart' of this eBook. It is followed by four other "Book" sections. This structure is designed to keep separate the practical information given in Book One from the theories, history and supplemental information presented in Books Two through Five that may be of less importance to you at present. My main interest in studying alchemy has been to discover if the alchemical Stone can extend life, not in making gold. Therefore I have reserved for Book Two my discussion for making a Stone that can transmute metals.

In this first edition, Books Two to Five are obviously undeveloped. This has allowed me to publish the practical information in the Book One manual before all the research is completed. New research and more detail will be published in the Newsletter that will be periodically sent to all purchasers of this book, in updated editions of this eBook that will be provided free to all purchasers of this first edition and eventually compiled into a hardcover edition (planned for late 2008).

You do not need to be a rocket scientist to make a useful Philosopher's Stone. You can easily do this in your own kitchen. The Stone we describe here can be made very rapidly by a person without laboratory experience and at very little cost. Furthermore, you do not have to do this work alone. I tell you how to find friends who will help you find the necessary materials and equipment. You can even do the actual work with these friends and share results. In Book Three you will also learn of a long known method for "psychically" getting information from alchemists of other ages.

I have no plans now or for the future to manufacture and sell a medicinal Stone to anyone. One reason for this is that I have no desire to get into an expensive and time-consuming legal struggle with the American Medical Association (AMA) or with the federal Food and Drug Administration (FDA). I recommend that you also do not challenge the authorities by commercializing this information.

My intention here is simply to tell as many people as possible where to get and how to process the materials to make the legendary alchemical Stone for themselves. If more people live longer, perhaps we humans will develop the maturity to end the violence and criminalities and stupidities that threaten our survival today.

To the best of my knowledge there is no other book providing these simple and clear instructions although there are more than 4,000 books on alchemy available in the English language. I know this because in the last thirty years I have accumulated and studied over 1,000 of the most important books on this subject. I have also performed many of the laboratory procedures described in these books and have experienced the frustration that can come from work without results.

The Three Stones (Four Stones?)

The alchemical literature speaks of three kinds of Stones: Mineral, Herbal and Animal. There are also hints that some alchemists believe it is useful to speak of a fourth Stone, a Human Stone (as I do). Chapter 6 of Book One gives detailed instructions for making the particular form of Herbal Stone I have been ingesting for almost two years. I have waited this time before publishing my findings because I decided long ago that I would evaluate the results on and in my own body before offering the process to others.

In this book I mention several procedures that can be used to make Herbal and Animal Stones and Human Stones for regeneration of the human body. However, the production of these other Stones including the so-called Human Stone requires much more lab equipment, considerably more time to perfect as well as a greater knowledge of chemistry and laboratory procedure than the instructions given here in Book One. That is why I recommend that you first make the Herbal Stone described in Book One, begin your own rejuvenation with this simple Philosopher's Stone and then you will have the time to make and try improved Stones.

I want to emphasize that I believe there is more than one way to make a useful alchemical Stone for increasing your life span. Furthermore, a Stone made in one way may be more efficient than one made differently. While the method I teach here is the quickest and most inexpensive way to make a Stone that I know, other methods may be more functional. That is why I am proposing in Chapter 9 that readers of this book collaborate with me and other readers to continue the research.

All the Stones I mention slow or stop the aging process through the same basic principle, through the application of the same energizing Secret Fire to the human body. In Chapter 8 I suggest that certain forms of the Animal Stone may be more compatible with the human body than a plant substance and, therefore, more effective as a life extender. However, any one of the Animal Stones mentioned will also take more time and equipment than the simple Herbal Stone detailed in Book One. Therefore start your rejuvenation with this Herbal Stone!

Incidentally, the alchemical tradition in describing the end product as a Stone refers both to solids that look like a Stone or to liquid 'Stones' more properly called Elixers. In either case, the same Secret Fire is used to energize the human body for the purpose of slowing or stopping aging.

I Have Been Using My Herbal Stone For More Than A Year

I have been ingesting the Herbal Stone described in Book One throughout 2006 and 2007 with no negative results and several positive ones. Of course it is too early to say definitively that this Stone will help me live for an extended period of time or how long. However, there are definite signs of an increased life force in my body. For example, my hair is growing at twice its normal rate. I normally need a haircut every month but now I have to have my hair trimmed twice a month to not look shaggy. My fingernails and toenails are also growing at a markedly increased rate. And my sexual energy has markedly increased.

Traditional alchemical literature specifically states that after ingesting the Stone one's hair, nails and teeth fall out and, that then, all three grow back again in a more healthy state than before. However, as I shall show in Chapter Three, given the nature of the Stone I am using this description would be actually characteristic of an overdose. The growth of hair, nails and energy I have experienced with the careful dosage I am using indicates that this Stone is similar to the ones reported by the few alchemists who succeeded in making a Stone.

I strongly recommend that if you do decide to make and ingest this Stone you carefully experiment at first with very low dosages. I have been advised by lawyers that if you, the reader, have the least doubt about the Stone as described here or experience any discomfort with the materials used to make and constitute the Stone you should immediately consult with a licensed physician. I am not a licensed doctor so I cannot and do not claim that the Stone will cure any physical problem. I certainly cannot guarantee that you will definitely live a healthy life for hundreds of years or experience cures of any illness you are experiencing. However, I have been researching in the field of alchemy for almost thirty years now and in the biological sciences for longer. Based on this experience, I do personally believe that this Stone can extend one's physical life indefinitely. There are reasons why humans age. In Chapter 4 I discuss the scientific reasons why I believe that the Stone I describe here will logically slow and stop that aging process. In Book Three I write of the inner alchemy that can supplement and strengthen the results that the Philosopher's Stone provides.

I Do Believe That This Stone Can Extend Life Indefinitely

Frankly, I have decided to experiment with and ingest this Stone because I will be 80 years old in March of 2008 and cannot wait any longer for someone else to prove the reliability of a method of rejuvenation. I am healthy and vigorous for a person of my age but statistically I cannot expect to have many more years of healthy life remaining. So far my "gamble" of ingesting the Stone that I have made is paying off. I look younger, feel younger and act younger than most persons my age.

If you are a younger person, there is no reason why you should not read this book now, make sure you know how to make the Stone for yourself and then wait to see what experience others are having with this Stone before using it yourself. Our research reports we plan to send to all purchasers of this book at no additional charge will tell you about the experiences that readers are having with the Stone. And if you are an older person you have a life and death decision to make about the information in this book just as I have made.

If you are a purchaser of this book and have registered your name and email address on the website www.alchemyrevealed.com, you will get periodic updates from me about new research and new findings. This will also give me the opportunity to "flesh out" the chapters of this eBook that have necessarily been left sketchy because of my desire to quickly publish the contents of Book One. If you do not start to receive these updates very soon and on a regular basis, please email me at artkunkin@gmail.com.

Again: Book One Is The Practical Manual For Making The Stone

Since Book One is a practical manual I have included in it only as much history and theory as absolutely necessary for a complete novice to understand the logic of the step by step instructions for making the Stone. I have been able to keep this practical part of this eBook brief only by referring both the novice and the experienced experimenter who want elaborations of historical and/or theoretical issues to chapters in the other sections of this eBook.

For example, in Book One I start by defining the goals of alchemy and there provide the barest of historical information so the novice will have a beginning point. However, when in Chapter Three I specify the Secret Fire mineral I use in the production of the Stone, this raises the issue of how the use of this mineral has been kept secret for thousands of years. This, in turn, raises new questions about the historical origins of alchemy. These important questions are finally taken up in Book Four where I present some notes on the history of alchemy. I ask the reader's forgiveness for any difficulties you may encounter in reading this book that results from this ordering of the material. I am simply aiming to keep the integrity of Book One as a practical manual that is as brief as possible.

Book Two Deals With The Theory And Practice Of Transmutation

It is only in Book Two that I discuss how the same Secret Fire used to energize the longevity stone can possibly accomplish metallic transmutations. It is also in this Book that I discuss the novel theories of one of my mentor-friends about the role of super-heavy elements in accomplishing transmutation.

In other chapters of Book Two I present information about the elemental transmutations I accomplished in 1980 by replicating some of the work of Louis Kervran described in his book, "Biological Transmutations." The Gnosis Magazine interview available at my website www.alchemyrevealed.com speaks about this work but in a more condensed version than I present here. The Kervran work has also been replicated by researchers for the U.S. Army. I plan to put the actual U.S. Army report on my website www.alchemyrevealed.com as this is a clear confirmation that we can get to the same desired place by many paths.

Book Three Deals With Transmutation And Evolution Of The Human Being

The alchemical tradition deals with more than longevity and the transmutation of metals. Longevity is desirable only if the added years are filled with health and happiness.

However, when discussing inner alchemy and the inner transmutations that can lead to a successful life, most of the written material available up to now focuses almost exclusively on such western traditions as magic, mystic Christianity, Jewish Kaballa, Jungian psychology and other post-Freudian psychologies. However, there is a vast knowledge of inner alchemy in Buddhism, Taoism and the martial arts of the East. This is because fragments of alchemical knowledge did not only move into Egypt, Greece, the Mid-East, Europe and finally the United States from its original ancient source but into (and from) Tibet, China, Korea and India. As happened with the dispersal and mystification of laboratory alchemy in both East and West, the theory and practice of inner alchemy also became so fragmented that it is difficult to acquire an overview of it.

Since the 1950s the present author has been in a unique position to integrate into the alchemical tradition Buddhist psychology (the higher Abhidharma wisdom of that tradition), The Tibetan Book of the Dead,

Taoist sexual alchemy and the philosophy underlying the martial arts. Although the focus of this eBook is making a physical Stone for life extension and not inner alchemy, in Book Three I do suggest to readers some of the best techniques for personal development I know of to use while beginning to ingest the Stone. While space and time only permits a brief overview here, enough is presented for the reader to begin experimentation in his or her “inner” laboratory. These meditational and psychological techniques will be expanded in the Newsletter the purchaser of this eBook will be sent as well as in other future writings, lectures and seminars.

I particularly want to call your attention to the chapter on the Tibetan Book of The Dead. Here I introduce some of the meditational techniques that I have found especially useful in aligning my inner being with the principles of laboratory alchemy and the objectives of living a long, happy, productive, healthy and fulfilling life. In writing this chapter I have been a bit wordier than I anticipated being for an eBook devoted to the physical Stone but please indulge me.

There are several audiences I am addressing. One is the relatively small group of laboratory alchemists who up to now may not have thought much about Tibet or Tibetan Buddhism or any inner work in relation to alchemy. However, I have concluded that at least a section of Tibetan Buddhism is based on the principles of alchemy and laboratory alchemists should know this.

Then there is a second audience of people who are interested in inner alchemy and meditation as well as laboratory alchemy. And a third group who are interested in meditation but haven't been concerned with alchemy in any of its forms. These two groups will benefit from understanding that there is an alchemical medicine they can take to help accomplish their inner goals.

Then there is a fourth, larger group who don't meditate and have never picked up a test-tube. This group is living day to day, overcoming problems as they occur and trying to be as happy as possible. I hope that this eBook will provide a challenging introduction for this “man and woman of the general public” about methods to defeat the grim reaper, the ultimate problem for all of us humans.

In Book Three I also give some hints about various neuro-science discoveries about the human brain that I have found valuable while considering what I want my own life to be like for the next 200 years and more.

Book Four Presents Notes On The History Of Alchemy

Chapter 18 of Book Four presents a new theory about the ancient origins of the alchemical tradition that will further clarify our presentation of the Secret Fire in this book. This will explain how the essence of alchemy has been kept secret for so long and why alchemy has been considered a pseudo-science.

Also no one has written an adequate history of Frater Albertus, my own teacher of alchemy in Salt Lake City and his Paracelsus Research Society (PRS), his Paracelsus College and his Paralab manufacturer of alchemical medicinal tinctures. Having been editor of *Essentia*, the magazine of Paracelsus College, and having completed the seven year course there when I lived in Salt Lake City, I have accumulated a library of laboratory notes from various classes as well as personal contacts sufficient to begin this historical project. I want to stress that while the class work at PRS did not lead to making the Stone, all of the teachings made available there have proven valuable to me. Even some of the seemingly “failed” experiments taught at PRS may prove to be useful later on. In Chapters 19 and 21 we take a few modest steps in presenting the story of the Paracelsus Research Society that hopefully will be of help to future historians. (However, in this first

eBook edition, whatever steps I take in this historical direction will be very, very small ones).

In Chapter 22 of Book Four I also briefly discuss the work of alchemist Nicholas Flamel in the 14th Century and how J.K. Rowling presented Flamel in her magnificent series of Harry Potter novels. I believe that the millions of young people who have read one or more of her seven books in recent years have been introduced to alchemy in a way that can usefully be deepened for the benefit of society. If you know readers of the Harry Potter books please do tell them about this eBook.

Book 5: The Possible Impact Of Increased Longevity On Individuals And Society

If the new insights into alchemy openly presented here to the general public results in extended life for many people and a quicker and greater increase in population than presently expected, the social and economic structures of our society will be greatly stressed, to say the least.

If people live for hundreds of years instead of seventy or eighty as at present, there will be enormous effects on family structure, personal relationships, cities, property ownership, governments, technology, etc. If great quantities of gold were suddenly available through alchemical transmutation from lesser valued metals, the financial systems of the world would be disrupted. And what would happen to the psychology of individuals if the fear of death was removed or lessened? Would we be able to better move toward the abolition of war and a decrease in criminal violence, personal depression and family dysfunction?

For thousands of years alchemists have said potential social disruption was one of the reasons why they kept their knowledge secret. But what really would happen if the alchemical legend suddenly turned out to be a true science as I believe? I end our book on this note, followed by reproductions of some documents that bear on the new theories presented in this text.

BOOK ONE: THE PRACTICAL SECRET OF ALCHEMY REVEALED

Chapter One: What Is Alchemy?

Alchemy claims it is possible to formulate a substance, usually described as a Stone but sometimes as a liquid elixir, that is said to accomplish two quite different and remarkable results. The first is to transmute one elemental metal into another (most notably the legends tell of turning lead into gold). The second use of the Stone is to lengthen human life by hundreds or even thousands of years. However, up to now these two goals have been the content of fairy tale legends and seemingly not proven in actual history. Nevertheless, the goals of alchemy have been so desirable, so seemingly logical of achievement, that some of the greatest minds in human history from Aristotle to Newton have been engaged in alchemical research.

In my own research into alchemy I have been puzzled for many years how one substance, one 'Stone' could possibly transform metals and also have a beneficial effect on the human body. In this book I give a logical, scientific and practical answer to this alchemical riddle based on my own almost 30 years of experimentation, failures, diversions and successes in my laboratory.

The literature of alchemy is vast and confusing. There are many 'recipe' books but none of the recipes are complete enough to result in actual longevity or transmutations. Many of the recipes seem to involve magic and the willpower of the would-be alchemist rather than straight forward scientific procedures. There is also a tradition of presenting alchemy through symbols, metaphors and artistic depictions of processes rather than scientific and precise descriptions of materials and procedures. Now that we have computers and access to internet libraries of the thousands of books written about alchemy, the confusion about what ancient alchemists really accomplished seems to have deepened rather than been clarified.

Furthermore, the very origins of alchemy are hidden in history. Alchemy is said by some to have originated in ancient Egypt thousands of years ago. The concepts of alchemy also appear in ancient China (Taoism), India (Rasayana), and the philosophers of ancient Greece. Alchemy was preserved in Arab countries during the European Dark Ages and, eventually, was transmitted to Europe and the American colonies prior to 1776. Alchemists in different parts of the world have formulated different recipes and, in many cases, seem to be talking about different procedures. Hundreds of different names were given to the Philosopher's Stone

Nevertheless, I will demonstrate in this book that alchemy is a genuine lost science based on procedures that can be replicated in simple laboratories. Alchemy is not a fairy tale! With an easily acquired ability to apply this science we can improve our lives and the world in which we live.

Chapter 2: Why 99.99% Of Would-Be Alchemists Have Failed To Make The Philosopher's Stone

The tradition of alchemy claims that the Stone can be made from many natural substances. This tradition, however, also states that there is only one material to be found in Nature, something considered to be “vile,” something normally discarded, something containing a “Secret Fire” from which the Stone can easily be made. There are discussions of wet ways and dry ways, slow ways and rapid ways but some necessary information has always been concealed. In this manual I not only reveal the name of this necessary ‘Secret Fire’ but explain how to obtain and process it without much effort.

The great majority of the 4,000 or so books about alchemy in the English language only give coded pseudonyms for the name of the Prima Materia, the First Matter, or for the important Secret Fire that energizes the alchemical process. This inevitably confuses the student about the one ‘substance’ that is really involved at the core of the alchemical process.

The alchemical authors give varying reasons for this concealment. Some claim that they were sworn to secrecy when they were given this information by a mentor. Others claim the knowledge is the proprietary knowledge of one or another secret society to which they belong and to whom they have pledged secrecy. Some claim that this secret is so closely held because the very fabric of society would be destroyed if humans could become immortal like the Gods, or if gold, the basis of money and financial transactions, could be cheaply manufactured.

However, most if not all of the recently available books on alchemy, including those written by a few of my personal friends in recent years, make the study and practice of alchemy seem too easy. Although informative and useful in many respects, these books gloss over the fact that for thousands of years the major alchemists have specifically stated that they always conceal one essential component, an energizing Secret Fire necessary for making both the medicinal Stone of Immortality and the Stone of Transmutation. Following the practice of the traditional books on alchemy, none of these books (except one French book I will mention and critique) provides any useful information about the necessary energizing Secret Fire.

In any case, I do not know of a modern student of alchemy who has made gold or lived as much as 120 years following the instructions given in the available books on alchemy. I do know of seemingly truthful stories of transmutations and even of long lives achieved with the Stone but these are only stories, however credible they sound. I do not dismiss these stories. I have used them as clues to understanding the underlying science. This is how I suggest other alchemical students use these stories, as stepping stones to the truth.

My own experience is that I have been able to accomplish a metallic transmutation in my kitchen laboratory only twice. (See Book Two). These were somewhat lucky replications of an experiment done by a modern scientist. They were certainly not done according to the procedures described by ancient alchemists where you add a small amount of the Philosopher's Stone to molten lead in a crucible and POOF, the lead is transmuted into gold. Furthermore, these successful transmutations did not involve the production of a precious metal like gold or silver. Nevertheless, they were an undeniable change of one element into another using the low energies available in my kitchen laboratory. This, of course, is an achievement that conventional modern science believes impossible without a huge and high energy atomic reactor. Furthermore, the quantities of metal involved in these transmutations were so tiny that they did not accord with alchemical legend. Nevertheless, I was so excited at these initial successes that they have kept me involved in this work for

almost thirty years. However, those years were mostly filled with learning experiences of what not to do.

Most would-be alchemists have not experienced such successes, limited as they were. Consequently, they have usually discontinued actual research after a few years. I have had the opportunity in the last twenty years to travel to many countries and visit with many former students of Paracelsus College, people who knew me as editor of the College magazine “Essentia.” Most of the laboratories I have seen are covered with dust and cobwebs because the students gave up trying to be laboratory alchemists and use alchemy as a philosophy and for hope.

In any case, my own major intention in studying alchemy has been to make a Stone that extends human life, not in accomplishing transmutations or in making gold. Since my successful but very limited transmutations did not seem to lead in the direction of the elixir of life, I moved on to other experiments. All of my attempts at replicating traditional experiments for making the Stone failed for the last twenty-five years until the procedures and results I am reporting here in Book One.

Because of the lack of accepted experimental proof that transmutations have happened, modern science claims that alchemy is a pseudo-science, a fake and at best a forerunner, a predecessor of modern chemistry. The atomic theory of modern chemistry, for example, concludes that elements such as lead or mercury can not be changed into another metal. Of course, modern chemistry is only dealing with modifications of the electron rings of the atoms whereas another, more basic, branch of science, modern physics, discovered a little more than 100 years ago that it was possible to smash the nucleus of an atom and thus actually change one element into another. However, the scientists who achieved this alchemical feat could only do so with the use of very high energy generators that permitted penetrating and changing the nucleus of an atom. Since the alchemists of the Middle Ages obviously did not have access to such high energy equipment, modern science says the claims of alchemists were clearly impossible. However, the working hypothesis I am presenting here shows that an alchemical Stone can be made that extends life indefinitely without requiring the great energy of a cyclotron. The materials discussed suggest that even the goal of transmutation of metals under conditions of low energy is feasible.

In Chapter 12 of Book Two, after I document the ‘non-traditional procedures’ that I used for accomplishing metallic transmutations, I will briefly discuss the hypothesis of one of my mentors as to how such transmutations could happen under low energy conditions similar to those probably used by very ancient alchemists before the secrets became lost. Also in Chapter 18 I will present a new hypothesis about the historical origins of alchemy that answers other criticisms of alchemy by modern science.

I know from experience that a student can be occupied for years in making complicated extractions of the components of herbs but, despite success in making advanced herbal medicines, still fail to produce an alchemical Herbal Stone. I and my friends have tediously followed arcane recipes for making an Animal Stone. We have filled our laboratories with obnoxious smells of blood and urine. Occasionally explosions took place (but we were knowledgeable enough to protect ourselves by working behind protective screens or in a laboratory hood. This eBook, therefore, also speaks of safety in the kitchen laboratory). For years my friends and I unsuccessfully searched the old books for magical combinations of minerals that would act as if they were alive and ‘animated.” We extracted the oils of metals, turned stone-like minerals into powdered glass so we could then distill them, built furnaces, and did many other laboratory procedures -- to no avail.

No one I know up to now has succeeded in extracting the ‘seed’ of metals spoken of by ancient alchemists that

would allow a metal to 'grow.' No one I know up to now has made the Mineral Stone. Very few could report any progress toward making any kind of alchemical Stone. These failures took place for one main reason: these students had no concept of the Secret Fire that would give life to their dead potions. However, I believe that alchemy has a new future ahead of it because in this Book we precisely identify the Secret Fire. That is one of the main messages of this book.

For hundreds of years alchemy has been considered as a pseudo-science making impossible claims about turning lead into gold in a simple furnace, a magical and secret process that was said to somehow culminate in a second-stage production of an elixer of immortality. Although there have been stories told about such transmutations and of humans who consequently lived for hundreds of years, there has been little proof that any of this was more than hopeful fairy tales. No modern scientist has been able to replicate any of this and there has not even been a reasonable scientific theory to explain why such results could possibly be obtained..

I have been working at inner transformative alchemy since the 1960s and in laboratory alchemy since 1980. Twenty seven years later, after accumulating and studying a library of one thousand alchemical books, after completing a long course of study with one of the best known alchemists of the 20th century, after establishing friendships with many alchemical students throughout the world, after spending many hours in my laboratory replicating the experiments of medieval alchemists, I believe I can now teach how to make the Philosopher's Stone that brings about an extension of human life. In the limited space of this eBook I share this knowledge as fully as I can.

Please do email me with your questions. artkunkin@gmail.com. I will do the best I can to answer your questions and further your research. (However, please understand that my time is limited and I may not be able to answer everyone. One of the reasons this eBook was delayed beyond its original planned date of publication is that I would stop to read and answer email instead of concentrating on writing the book!)

I explain here how any person with a high school education and a few hundred dollars or less of equipment can in a short time make a form of the legendary herbal Stone that will regenerate the human body and prevent normal aging.

You can make this Herbal Stone in your own simple kitchen laboratory with legal substances available to anyone. Then you can use your common sense and get advice if you want from officially accredited medical authorities before ingesting what you produce. Again I advise you to proceed with great caution.

The Philosopher's Stone certainly will not avoid the damaging consequences of physical accidents or illnesses. If you accidentally cut off a finger or damage your brain in an auto accident or develop AIDS, the Stone will not necessarily heal you or even reduce the time for healing. However, I do believe that the additional years of life that the Stone provides will likely mature a person to where physical accidents and illness will be minimized. I also believe that a person wanting to reap the full advantage of life extension with the Philosopher's Stone will benefit from a healthy diet and learning how to positively deal with the psychological stresses of life. These are matters discussed in Book Three.

I am making astonishing claims. You, the reader, have every reason to be suspicious and doubtful. So let us stop talking about alchemy and actually enter the laboratory!

Chapter 3: What Is The Secret Fire Needed To Make The Alchemical Stone?

My first drafts of this chapter started out with a list of all the things that would-be alchemists over the centuries have thought was the Secret Fire but was not. This list rapidly became a very, very long list. I then realized that writing about this long list of failed experiments was blocking me from making the quick, positive presentation of the Secret Fire that I had planned for this Book One manual. I then decided to put the story of these experiments that did not work into a separate chapter, as a note on the history of alchemy. This chapter is also the partial story of the curriculum students experienced at the Paracelsus Research Society in Salt Lake City. This has become Chapter 19: The Secret Fire Is Not This, Not That! in Book Four.

Therefore, let's jump into a quick consideration of what I believe to be the real nature of this Secret Fire.

To do all that the Philosopher's Stone is said to do, the Secret Fire has to be **a source of energy** sufficient to create transmutations of elements and also to strengthen the spark of life inside our human bodies. Since we observe a multiplicity of elements wherever we look, as well as a bewildering number of forms of life from microbes to mammals, this Secret Fire has to be very common, as the alchemical literature suggests, and yet concealed from ordinary observation.

As we shall see in Chapter 19 the problem with all the candidates for the Secret Fire and for the "Prima Materia" that have been named by previous alchemists is that they are not sources of energy. The salt of tartar, antimony, urine, blood, herbal tinctures prepared according to the methods of Paracelsus, etc. etc. etc. are not sources of energy in and of themselves. I believe these substances can have great value in making the Stone and may have medicinal value for specific problems but something is missing, something crucial, something "energetic" -- and when that missing energy is added to these substances names by previous alchemists, to their incomplete recipes, I believe that we then have the answer to making the Stone.

To "cut to the quick," I have come to the conclusion that the Secret Fire of alchemy can be found in one of the many substances producing the natural radiations that surround us every minute of the day and are responsible for life.

However, since the advent of the atomic bomb, radiation and radioactivity are words of terror, words that warn of great danger, words used by our government to inspire fear. Yet the simple fact is that we live in an actual sea of invisible radiation that our five senses are not capable of registering (unless the radiation also produces heat). Therefore, the commonly accepted theory that even the smallest amount of radiation is dangerous is obviously not true. Of course, this does not deny that certain kinds of radiation ARE dangerous to human life.

We must tread cautiously here because there are vast gaps in scientific knowledge about radiation. I became aware of this in reading a history about the development of the first atomic bomb in the late 30s and early 40s. Just before testing the first bomb in New Mexico on July 16, 1945, some of the top scientists preparing the test were concerned that the very air on the entire planet might be set afire by using the explosive radiative force of one atom to explode nearby atoms. In other words, so little was known about radiation as recently as 60 years ago, that there were legitimate fears the A-Bomb might create an endless chain reaction and destroy the world.

"It was the first time that anything that hot -- tens of millions of degrees -- would be on the surface of the earth. No one knew for sure just what would happen. Perhaps Teller's initial figures were correct. Perhaps the

atmosphere would catch fire.” (from the history “Under The Cloud: The Decades of Nuclear Testing.”

While the pessimists were proven wrong, I have discovered in my recent study of the known upper and lower limits of radiation that beyond the so-called “limits” are probably undiscovered realms of matter and energy still unknown to the best of our physicists. So those of us exploring the mysterious energies of living matter are at the very frontier of science, at its edge.

Nevertheless, enough is actually known about radiation that we can begin to understand how the Secret Fire of the alchemists can be discovered and put to use. For example, the sunlight we experience during the day is a radiation. Life on the planet Earth could not exist without the energy contained in sunlight. Nevertheless it is also true that this radiation sometimes becomes so great that it very rapidly burns the human skin or interferes with useful radio and electrical transmissions.

In other words, the basic truth about radiation is that it is sometimes beneficial and sometimes harmful, not that it is always harmful. I am repeating this obvious truth over and over again in a perhaps tedious manner so that you, the would-be alchemist who is considering making the legendary Philosopher’s Stone, will not automatically reject the unfamiliar radioactive substance I am proposing here as the Secret Fire of alchemy.

Besides sunlight, our planet is also constantly being bombarded by radioactive particles and waves of energy from far-off stars. Other major components of the invisible sea of radiation constantly bathing us are the radioactive minerals and related gasses underfoot everywhere we walk. These radioactive minerals are so prevalent that the government warns us when buying or selling any house to determine if that house contains dangerous levels of radioactive radon gas. However, as we shall soon learn in this book, it is possible for human beings to benefit and not be harmed by as much as 450 times the accepted government level of radiation from radon.

Other useful facts about radiation: The human body itself normally contains radioactive substances absolutely essential for life such as Potassium 40. I don’t want to stop and discuss this here but when you have the time Google Potassium 40 and radioactivity inside the human body for yourself. And we shall see in Chapter 4, when we discuss one of the major current theories of why aging takes place, that the very energy necessary for the functioning of every cell in any living human, animal or plant comes from outside radiation of photons of light penetrating the body. In other words, modern science has discovered that without a certain kind of invisible radiation being absorbed by your body, you stop living! You die!

Ancient scientists also knew about the invisible energy systems of the physical body (See the “yogas” of Book Three). That is why martial artists and students of spiritual traditions speak of Chi energy, Prana energy, rotating wheels of Chakra energy, acupuncture energy points and meridian channels, etc. That is why the ancient Hebrews diagrammed the 10 energy centers and 22 paths of the Tree of Life superimposed upon an image of the human body. Rarely, however, are these concepts of so-called spiritual anatomy directly related to the sea of invisible energy found in the material universe as we are doing here.

However, this relationship is clearly acknowledged by the ancients in an indirect manner by the honored place given breathing exercises by all spiritual traditions. Whenever Chi or Prana are mentioned, it is usually always emphasized that controlled and conscious yogic-type breath is the best way of replenishing these energies in the human body. In fact, whether you are consciously breathing or not, all the air you are taking into your lungs contains a percentage of the invisible radiation that constitutes our environment, the radiation that I am

identifying here with the Secret Fire of the alchemists. What I am saying in this book is that there are more efficient ways of taking “Prana” into your body than breathing. But, of course, don’t stop breathing!

What I am hinting at here and throughout this book is that our bodies, in fact, may not be getting enough of this Secret Fire through breathing and other normal contact with the invisible sea of radiation around us. We may be “radiation-deficient.” This deficiency may be a primary cause of the ultimate death that everyone today expects. And, if that is true, I suggest that perhaps we can live longer and maybe “forever” if we consciously “absorb” the alchemical Philosopher’s Stone containing a controlled amount of this Secret Fire.

However, since the advent of the nuclear age the common (and incorrect) belief is that all radiation is harmful. Therefore, before we enter the laboratory to actually work with radiation, with the Secret Fire, let us take a closer, scientific look at radioactivity and learn all we can.

What is radioactivity? It is simply an excess of the atomic energy that can be found in all substances. In non-radioactive substances, the electrons and protons, the positive and negative electrical components, are electrically balanced and the substance is stable. It “sits there” without emitting waves or particles. Therefore, it does not affect or chemically combine with nearby atoms or molecules

In radioactive substances, in contrast, there are more (or less) positive protons in the atomic nucleus as compared to the negative energy electrons in the outer rings. Radioactive atoms are not in balance! In an effort to restore its own electrical balance, waves or particles are then emitted into the environment by the substance. These emissions vary. They can, dependent on the amount of energy involved and distance, modify nearby atoms or molecules by knocking out one or more of their components or chemically combining with them. An electrically unbalanced atom or molecule is called an ion and can “ionize” or unbalance nearby atoms or molecules.

Later in this eBook it will be useful to take a closer look at the alpha and beta atomic particles emitted by radioactive substances as well as the more penetrating gamma rays and x-rays that scientists have identified. Before doing so, however, I want to note that in my research I have come across information that there may be other kinds of radiation, other kinds of particles and waves and “wavicles” that modern science is not sure it has detected and, therefore, has not named. Just to give a small example, without getting too far from the subject of this chapter: The heavy elements that are found on earth and in the solar system are created inside our Sun from lighter elements. However, certain super heavy elements not normally existent in our solar system are known to be created inside of Suns bigger and hotter than our Sun. I have read in papers written by scientists that particles of this “non-earthly matter” created inside other Suns are sometimes carried to our planet on meteors from outer space. Scientists who then find these unknown substances become baffled by what they observe. The substances are often in such small quantities and in such constant structural change (because of the continual radiation of their atomic components) that they are like shadows that appear and disappear. Thus, if alchemy is really based on a radioactive Secret Fire we may not be able to fully understand this ancient science unless we incorporate information about radiation that is at the growing edge of modern science. If that is true, maybe all we can do is observe what works even if we don’t as yet have entirely good explanations for those results.

So back to radiation and the definition of two words that we need to discuss radioactivity: positive ions and negative ions. A positive ion (or “cation”) is an atom or molecule created when one or more negatively charged electrons are removed from it. That removal leaves that ion with a positive charge. A negative ion

(“anion”), on the other hand, exists when a negatively charged electron (or electrons) is gained by an atom or molecule.

However, it is very important to know that ionization does not always take place within the vicinity of even a highly radioactive substance. In fact, even highly radioactive ionizing material can be shielded or kept at a sufficient distance so that it may have no or little effect on nearby substances. Also such a substance may be sufficiently shielded or a sufficient that it will effect another substance only by heating it up but not necessarily making that nearby substance radioactive.

There are thus two kinds of radiation, ionizing and non-ionizing. Sunlight, we repeat, is basically non-ionizing radiation. Non-ionizing radiation does not make another substance radioactive. The heat energy emitted by the Sun simply “warms up” other substances it contacts. On the atomic level this transmitted heat energy has the usually effect of increasing the movement, the “life” of the electrons it contacts without knocking any out of orbit. Therefore, there is no chemical change, no creation of a new substance or (in the human body) no creation of a cancer cell that reproduces out of control. (Again, of course, if there is too much exposure to the Sun, the heat goes beyond warming and burns, a different kind of destruction involving chemical but not atomic change. Thus, to repeat ourselves again in slightly different words, a small amount of non-ionizing radiation can be useful; too much, on the other hand, can be damaging and dangerous).

The waves and particles of SOME ionizing radiation are powerful enough to knock an electron or proton out of an atom it encounters and, thereby, also make that atom radioactive. This level of ionizing radiation creates unstable free radicals (free ions) in the human body that contribute to cell death and to aging. This level of ionizing radiation creates new chemicals in places where they are unusual and not desirable. This level of radiation creates cancer cells that do not die, that multiply in place and create tumor growths that unbalance a living body. This powerful ionizing radiation is the radiation that humans must avoid or suffer harm!

(Note: in 1962 a famous scientist, Leonard Hayflick, discovered that living cells in the human body normally divide about 50 times and then undergo “apoptosis.” This is called the Hayflick Limit. Apoptosis is a beneficial cell death where the dead cells components putrify and are absorbed harmlessly by, or leave, the body to be replaced by new living cells. “Between 50 billion and 70 billion cells die each day due to apoptosis in the human body. For an average child between the ages of 8 and 14, approximately 20 billion to 30 billion cells die each day. In a year, this amounts to the proliferation and destruction of a mass of cells equal to an individual’s body weight.” - this is quoted from a Wikipedia entry on the internet.

Now what is especially interesting about this is that cancer cells do not undergo normal apoptosis when they reach the Hayflick Limit. They keep on multiplying. They are immortal. The problem is that the limitless growth of the cancer cells and the spread of these immortal cells to other parts of the body (metastasis) creates one growing tumor after another right in the midst of normal cells, unbalancing the organism and leading to death). So “immortality” is not a dream, there already are cells that are immortal!

Ionizing radiation sources if strong enough can turn stable substances into radiating, radioactive and undesirable new chemicals. However, and this is another point that I want to underline over and over again: some ionizing radiation seems to be useful and contributes to life. In this book I am appending some carefully researched scientific studies that show this. As a matter of fact, some scientists are now saying that we live in a deficit of proper radiation and that is why we die. I will come back to this point again and again.

For example, in the next chapter I present information that National Geographic magazine and other sources have published about an old mine in Montana where people sit on lawn chairs underground up to three times a day for an hour each time breathing in radon gas. This mine contains up to 450 times more radioactive radon gas than present government regulations say is healthy for people and yet the people involved report miraculous cures not only for themselves but for their pets.

In Chapter 4 I also show that the spas and baths visited by health-seeking Europeans for centuries seem to be creating cures because their water is not only saturated with Sulphur but is radioactive.

I present evidence that in certain areas in the world people are relatively free of cancer because of high amounts of natural radioactivity in their native soil.

A scientific study I reproduce in Chapter 4 also shows that people are healthier in areas of Japan where they lived close enough to the sites of the A-Bomb explosion to be exposed to more radiation than normal but yet far enough away that normal cells did not transmute into cancer cells.

These facts buttress our belief that the legendary longevity benefits of the alchemical Secret Fire and Philosopher's Stone are due to exposing the human body under controlled circumstance to the same beneficial and invisible radiation coming from natural sources.

The most dangerous ionizing radiation that humans encounter is usually man-made.

Dental x-rays are an example of a dangerous man-made radiation. When a person requiring dental x-rays is exposed too often there is the danger that ordinary cells may turn cancerous during the process. The technician who x-rays patients must therefore be concerned with excessive exposure to radiation. Consequently, that technician must always wear protective clothing to protect his or her body or stand behind a shield when the radiation is being emitted from the machine.

When a person requires radiation to destroy a cancerous tumor or over-active thyroid, the short-lived ionizing radioactive source is first produced in a high-energy nuclear device. Then the container in which the radioactive source is transported must be handled very carefully so as not to contaminate the medical personnel involved or kill normal cells in the patient's body. The public is occasionally warned when vials of these highly radioactive substances are lost.

The uranium used to make atomic bombs is found in naturally occurring mines as the radioactive mineral pitchblende. Pitchblende contains up to 80% of Uranium 235 but can still be handled by human beings for periods of time without danger. To turn pitchblende into Uranium 238 or Plutonium 239 (a substance virtually non-existent in Nature), the isotopes required for the bomb, requires concentrating many tons of pitchblende in a lengthy and expensive process using thousands of centrifuges. Then the Uranium 238 and the Plutonium 239 become highly ionized and highly dangerous to the human body.

(Note: Isotopes are substances where the nucleus of an atom contains the same number of positively charged protons as an element normally has but has more or less neutrally-charged neutrons. Therefore the isotope will be heavier or lighter than a normal atom of an element and have different physical qualities, that is, it may be radioactive. However, since the number of electrons orbiting the nucleus of an isotope are the same as the normal elemental form, both isotope and element are likely to have similar chemical qualities).

Radioactivity is everywhere. Not far from where I live there are wells filled with radioactive water that have been sealed because the government has deemed they are unsafe as sources of drinking water. If you research your own neighborhoods there are probably such wells near where you live too. That is because the radioactive minerals contaminating such wells are to be found everywhere.

Geiger counters are one instrument used to detect radioactivity. Prospectors who use Geiger Counters to locate concentrated deposits of radioactive minerals have to adjust the instrument so it will not respond to the ever-present background radiation emitted by radioactive minerals.

Micro-wave oven radiation usefully heats food. Micro-wave radiation extending beyond the oven is harmful to life. Again, this micro-wave radiation is both good and bad.

Radiation is pervasive. An individual can not avoid it. Furthermore, an individual should not avoid certain kinds of radiation. A person who always stays indoors becomes pale and weak. An individual who gets adequate sunlight glows with health

The Secret Fire of Alchemy Is A Source Of Radiation

The conclusion I have reached from my studies is that the Secret Fire of Alchemy that we need to make the Philosopher's Stone for longevity is contained in a common radioactive mineral providing a low source of energy that can regenerate and yet not harm the human body. It is my understanding, furthermore, that this same Secret Fire can be brought to a level of energy where it can modify the atomic nucleus of a metal and therefore achieve metallic transmutation i.e. turn lead into gold as the legends of alchemy state.

There are several radio-active minerals that fit the criteria of The Secret Fire but the information I have accumulated points to the uranium-containing mineral named Pitchblende.

Pitchblende is the common name for Uraninite, a uranium-rich mineral with a composition that is largely UO_2 (uranium dioxide). Its name has been constructed from **pitch**, because of its black color, and **blende**, a term used by German miners to denote minerals whose weight suggested metal content but whose exploitation was, at the time they were named, either impossible or not economically feasible. All uraninite minerals contain a small amount of radium as a radioactive decay product. (Radioactive decay, the change of one radioactive substance into another until finally a stable substance such as ordinary lead is created occurs as protons leave the substance. This decay process -- called half-life -- in some substances can take thousands of years to happen; in other substances there is sometimes a half life measured in micro-seconds.).

Some of the highest grade uranium ores in the world have been found in Canada (associated with silver), Australia, Germany, England and South Africa. In the United States large deposits of uraninite can be found in New Hampshire, Connecticut, North Carolina, Wyoming, Colorado and New Mexico. (Google the Wikipedia entry for Pitchblende on the Internet).

In Chapter 4 I present current scientific theories, research and statistical evidence to explain why a source of radiation like Pitchblende can improve health and possibly slow or stop the aging process. In Chapter 5 I explain how small but adequate amounts of Pitchblende for making the Philosopher's Stone can be purchased in the United States for less than \$100. I also tell in Chapter 5 how I have located Pitchblende in the rock piles

around abandoned mines in California and how you can locate Pitchblende in your own area. In Chapter 6 I present one possible process for making the Philosopher's Stone using Pitchblende. In Chapter 7 I explain how to own and use radioactive Pitchblende safely.

**What Are Possible Objections To Considering The Radioactive Mineral Pitchblende
As Essential For Producing the Philosopher's Stone?**

The main objection to considering a radioactive mineral as the Secret Fire of alchemy is that modern science first discovered radioactivity in the 1890s. First there was the discovery in 1896 of x-ray radiation by Roentgen and soon after the purification of radium by the Curies, etc. If radioactivity was not known prior to the 1890s, if the invisible radiation coming from Pitchblende could not even be detected by alchemist Nicholas Flamel in the 1300s or by alchemist Paracelsus in the 1500s or by alchemists even further back in Ancient Egypt prior to the Christian era, how could alchemists have used Pitchblende to make the Philosopher's Stone?

My full answer to this logical objection is in Chapter 18 where I discuss the origins of alchemy in ancient Sumeria. I refer the reader there but, in order to avoid interrupting this Book One narrative, let me summarize that startling chapter in a few paragraphs here.

When in 2004 I first began to consider Pitchblende as a candidate for the Secret Fire, I recalled my earlier reading of the works of Zechariah Sitchin. Sitchin is a remarkable modern scholar (born in 1920 and still writing) who has come up with a startling theory to explain the huge jump in human evolution that took place at the very beginning of recorded history in Sumeria (now Afghanistan) circa 5300BC, about 800 years before the sudden appearance of ancient Egypt and the Pharaohs.

Modern science claims that Homo Sapiens, our human species, first evolved on this planet around 172,000 BC. However, for almost this entire period until the last 8,000 years, humans lived in tiny tribes under very primitive conditions even though they essentially had the same brains and intelligence as we do today. But suddenly some 8,000 years ago, with unimaginable speed, a civilization developed in the Middle East with a written language, cities, agriculture, legal system, metallurgy, pottery, etc. etc. Sitchin says that the explanation for this evolution, the rapidity of this evolution that other modern scholars find incomprehensible, is contained in the earliest writings and legends and science of Sumeria. These legends say that in the days before humans had writing there was human contact with an advanced civilization, not from outer space but from a planet of our own solar system.

In his twelve books (see Chapter 18), Sitchin offers substantial scholarly proof of this strange story: Sumerian knowledge 8,000 years ago of genetic manipulations of DNA more complex than those being reported in our daily newspapers of 2008; Sumerian knowledge about outlying solar system planets (that only became known to us in recent years by modern astronomers using modern telescopes and the solar system explorations of the 20th century by American and Russian spaceships); and Sumerian knowledge about ancient nuclear wars and medical use of nuclear radiation.(expressed in stories written in the pre-Christian era that the Sumerians said was based on information they received from their extra-planetary teachers).

Sitchin has even done extensive geological and archaeological ground research in the Middle East providing such physical evidence as ancient fields of vitrified glass characteristic of nuclear explosions, landing markers for space craft, drawings of space craft and astronauts, astronomical maps of the pre-Christian era better than those of 18th century AD astronomers, etc.

These strange legends of ancient Sumeria are not known to the general public because the Sumerian language itself was not completely translated until the mid-20th century. (See Wikipedia internet references on Sumerian language). However, these legends about ancient nuclear wars using powerful space-based weapons and technology have their counterpart in Hindu mythology

In conclusion (until Chapter 18, at any rate, when we take a closer look at Sitchin's work), I have read everything on the internet by scholars who dispute Sitchin's research and conclusions and I have found little that stands up to scrutiny in their arguments. The scholars who disagree with Sitchin engage in hair-splitting arguments about the meaning of Sumerian words, words that could be interpreted in many ways, or simply laugh at the idea that the ancients knew more than us about anything. The Sitchin critics have an entirely linear approach to the history of science, automatically assuming ancient civilizations knew less than ours about everything.

On the other hand, Sitchin presents very impressive research. This research may not have been presented in acceptable academic peer-reviewed publications, as scholars would prefer, but still has a great ring of truth. I have concluded after reading Sitchin that there was an ancient knowledge about radiation and nuclear technology that was mythologized by the primitive humans who observed it from their position as slaves in ancient Sumeria, a knowledge that was preserved in a further distorted form by the priesthood in Egypt, fragmented throughout the ages by Christian Gnostics and other wisdom seekers, and, finally, appears in the alchemical tradition in reports of a few adepts who "rediscovered" the Secret Fire and applied it to metals and to the human body.

I have never seen in Sitchin's books any direct references to alchemy but to me the connection between ancient Sumeria and alchemy jumps off his pages. As soon as this eBook is published I plan to send him a copy and hopefully get a response from him about this. Meanwhile, I recommend that readers of this eBook, particularly those who may be sceptical of a theory that an extra-terrestrial contact resulted in an ancient scientific knowledge that was then lost except for legends, that they read Sitchin for themselves. I did and then had all of my objections answered!

How Did I Come Up With The Idea That A Radioactive Mineral Was The Secret Fire?

I want to acknowledge French Professor of Chemistry Albert Cau as the person who led me to consider that Pitchblende is the basis of the Secret Fire. However, my thinking and experimentation have taken a different direction than his work. It has taken me two additional years of research from my first contact with him until I produced what I believe to be a truly functional Philosopher's Stone. But through Professor Cau I had a new direction and an actual name for a mineral containing the Secret Fire. For this I am totally grateful to Professor Cau.

In July 2004 I received an email from Cau, a resident of Paris, France. In his email he gave me the address of several of his websites. (<http://albert.cau.free.fr> is his current url). After downloading and carefully reading his websites (some of them no longer on the internet), I made extensive notes about his idea that a still undiscovered super heavy element (SHE) at the very end of the periodic table with 126 protons (126Z) was the basis for alchemical transmutation. (The way he expresses it currently is that the super heavy element required for alchemical transmutation uses as its "starting materials: uranium as the energy source and fluorine as stabilizer of the nuclei").

Scientific shorthand to describe the atomic nucleus uses Z for the number of protons and N for the number of neutrons.

I opened up a correspondence with Professor Cau. Eventually, I obtained from a European book dealer the book on alchemy published by the Professor in 1995 titled 'La Pierre Philosophale, Etude Rationnelle De L'Alchimie' ('The Philosopher's Stone, A Rational Approach to Alchemy.' Although much of the book is written in the French language, many chapters are also in English. His websites are likewise written in both languages.

I learned in the course of the correspondence with Professor Cau that he had become aware of me through some emails I had written as early as 1985 that have been preserved on the Internet in Adam McLean's Alchemy Forum. The Professor was very flattering, saying that he concluded from my emails that I was one of two people in the United States whom he considered to be true alchemists. Therefore, he wanted to let me know of his own original work. (Incidentally, I never learned from Cau the name of the other 'true alchemist'). However, it was clear from the beginning of our correspondence, that Cau and I were on somewhat different research tracks.

For one thing, Cau does not believe that alchemy, even with his new insights, can contribute to an extension of the human life span. He says flatly that "the human lifespan is limited to 120 years." Furthermore, he comes to this conclusion not only because modern biology says this too but because of his somewhat fundamentalist Catholic reading of the Bible. Cau's interest in alchemy, therefore, is limited to what he sees as the possibility of metallic transmutation.

According to Cau, insofar as I understand his work and his mathematical calculations, the Super Heavy Element (SHE) required for metallic transmutation has 126 protons. However, it is a stable, non-radioactive molecule (despite having many more protons than other elements listed in the periodic table that have actually been discovered and are unstable, that is radioactive). Cau predicts that this new still-undiscovered element (Cau calls it Trinitium), has the unusual feature that it becomes highly radioactive and unstable when it is heated in a crucible. Thus, if a common metal like mercury or lead is melted in a crucible and the 126Z SHE is added, a transmutation will take place just like the old alchemical texts say.

As Cau expresses this, "...The unique physics of the process of synthesis (of the Philosopher's Stone) is a synergy of nuclear reactions: a balance between endoenergetics nuclear reactions and exoenergetics nuclear reactions...fusions uranium-light metals. There is nothing more to say about alchemy..."

Furthermore, Cau speculates that this new SHE can possibly be found in nature. (I have already mentioned the possibility that some hitherto unknown elements could be fused in the heat of larger Suns than ours and carried to Earth by meteors. This is an idea I picked up from some scientific papers on the web, not from Cau's work). Cau seems to be saying that a few of the alchemists in the Middle Ages could have been working with this SHE 126Z that they stumbled across in Nature and that this would explain their reported transmutation successes.

I have informed Cau about Sitchin's discovery that radiation was known to the ancients but have no idea if Cau has integrated this insight into his work. I do not see Sitchin's name mentioned in Cau's recent website. In any case, my own work with Pitchblende as explained in Chapter 6 has moved into areas I have not discussed

with Professor Cau. (See Chapter 12 in Book Two for more on Professor Cau).

Chapter 4: Why The Alchemical Secret Fire Can Slow Or Stop The Aging Process

In this chapter, I want to provide some practical proof that additional radiation can benefit the human being. This will supplement my thesis that the Philosopher's Stone of alchemy is produced with the use of a radioactive mineral. In later editions of this book I plan to put this documentation in Appendices at the end. Here, to expedite the quick publishing of this eBook, I will use a simpler but perhaps less reader-friendly procedure of summarizing the documents here and then reprinting the full documents at the end of this chapter after the summaries

RADIATION HORMESIS.

The first document I want to reprint here in proof of my thesis is a Japanese scientific research paper about Radiation Hormesis (a term to be defined below) that includes some studies done on the beneficial health effects of radiation in Japan, a country where a lot of people died from the explosion of two atomic bombs at the end of World War Two.

First, here are some relevant quotes from this scientific research paper.

“Hormesis At A Glance: All living organisms evolved and exist in a sea of ionizing radiation, much of which is internal. It is a general belief that low doses of ionizing radiation produce detrimental effects proportional to the effects produced by high-level radiation. Over the past decades some pioneer scientists reported that low-dose ionizing radiation is not only a harmless agent but often has a beneficial or hormetic effect. That is, low-level ionizing radiation may be an essential trace energy for life, analogous to essential trace elements. **It has even been suggested that about one third of all cancer deaths are preventable by increasing our low dose radiation.**” (My emphasis)

“...According to T.D. Luckey, one third of all cancer deaths are premature and preventable by low-level radiation (Luckey 1994, 1997” (References are given at the end of the reproduced paper below).

“...In Japan, in areas of high background radon radiation, lung cancer was about 50% of that in a low-level radon region... “in the above-mentioned high background radiation area, the mortality rate caused by all types of cancer was 37% lower.”

“...Kumatori and his colleagues (Kumatori et al. 1980) reported that according to their 25 year follow up study of Japanese fishermen who were heavily contaminated by plutonium (hydrogen bomb test at Bikini), no one died from cancer.” (Mis-spelling of plutonium was in original paper).

“...In a very large scale study in U.S.A., it was found that the mortality rate due to all malignancies was lower in states with higher annual radiation doses. (Frigerio 1976)”

“Although the entire mechanisms of radiation hormesis are not known, the following theories may explain this process.

“1) Low doses of ionizing radiation may induce the production of special proteins involved in DNA repair.

“2) Low doses of ionizing radiation might inhibit DNA synthesis of cells providing a “longer time for irradiated cells to recover (Feinendengen et al. 1987).”

“3) “Despite the fact that high doses of ionizing radiation are immunosuppressive, many studies have indicate that low-dose radiation may stimulate the function of the immune system.”

(The full document containing these excerpts is reprinted below after summaries of other evidence that low-dose ionizing radiation is beneficial).

EUROPEAN SPAS

For centuries, Europeans have been seeking health cures in natural hot baths. They had the belief that the water was curative because of the presence in the heated water of dissolved mineral Sulphur. I have been collecting the promotional brochures of European spas and they all now say the healing effect is mainly due to the low level radiation that heats the water. Medical insurance in Europe is paying for visits to such spas as legitimate medical treatments.

On the internet Google **Radioactive European Spas** for more information.

HEALTH MINES IN MONTANA

National Geographic for January 2004 contains an article about The Merry Widow and other mines in Montana where people are reporting health cures of themselves and their pets from sitting in an underground mine and breathing radon gas rated at 450 times higher than U.S. government health standards. Google Merry Widow Mine and see the National Geographic article and an amazing photo of the clientele sitting in lawn chairs inside the mine.

At the end of this chapter I reprint an article by a writer who visited these mines. (I may have to remove this article from future editions of this eBook because of copyright considerations).

A ROSICRUCIAN STATEMENT ABOUT RADIOACTIVITY

In the book “A Rosicrucian Notebook: The Secret Sciences Used By Members Of The Order” by Willy Schrodter (English translation, “Samuel Weiser 1992) the following footnote is in the Introduction. This is of interest because it is the only mention I know where radiation is acknowledged as one of the secrets of a secret metaphysical society. I quote the footnote in full here:

(“Note 2: The zip-fastener king, Dr. Othmar Winterhalter (born 1890) rejuvenated himself in 1950, as a matter of fact with a radioactive tincture prepared from element 85 (Astatine). Since the Rosicrucians also relied exclusively on radioactive preparations for rejuvenation, I shall pass over the other methods for restoring youth. (Bogomoletz, Bardach, etc).

“The *Mainzer Anzeiger* (No. 138, dated June 17th 1936, p. 16) published a report on “The Eternal Youth of Annja Czernowitsch” who lived at Uralsk on the banks of the Ural River. At the age of 50 she had the

appearance of a girl of 18 and her body resisted decomposition. The presumptive cause was the radioactivity of the water.

“The *Mittelrheinischer Anzeiger* (Mainz-Bingen, No 71, dated March 25th 1941, p.5) reported the discovery of a vein of magnetite in central Sweden which should also contain radium. ‘Old people who exposed themselves to its radiations maintained that they felt rejuvenated.’ For rainwater as the Rosicrucian ‘Particular’ see the *Annulus Platonis* (Berlin and Leipzig, 1781, p. 80, Note)”

In a chapter titled “The Elixer of Life” of this same “Rosicrucian Notebook,” Footnote One reads: “Among the ‘human materials’ taken (as a rejuvenating medicine--my inclusion, Art Kunkin) were blood, as a special juice and later ‘semen virile’ as an even more concentrated life essence, for 1 gram is the equivalent of 70 grams of the ‘Red Tincture.’ See the *Berlinische Monatsschrift* for June 1786. These facts are taken from Eberhard Buchner’s *Medien, Hexen und Geisterseher* (Mediums, Witches and Spirit-Mongers) Albert Langen, Munich 1926, paragraph 237 on page 351).”

THE MITOCHONDRIAL THEORY OF AGING, WHY THE STONE REJUVENATES THE BODY

Finally, although I am just providing a summary here but not documentation, I have come to believe that the Philosopher’s Stone creates longevity because of its influence on the Mitochondria in the body. (Google Mitochondria on the Internet if you want more scientific data on this theory. Start with Wikipedia).

Every cell of every living organism contains a bacteria-like organelle called Mitochondria. A cell that needs little energy for its function may only contain a few Mitochondria, other cells requiring a lot of energy may have as many as 800 Mitochondria. What the Mitochondria does is take in energy from photons, a light energy, a radiation that has no mass and passes through the body to reach every individual cell and its Mitochondria. The Mitochondria then uses this light energy to make a chemical called ATP (Adenosine-Tri-Phosphate) that the cell then uses as the chemical energy source for whatever function the particular cell performs. In effect, the Mitochondria is the living battery of each cell in all plants and animals.

Until fairly recently, not much has been known about the Mitochondria. Because of its tiny size the Mitochondria could only be seen under the huge magnification of an electron microscope but, since the electron microscope can only observe preserved specimens, it was impossible to examine living Mitochondria.

However, scientists have now discovered that while the Mitochondria is turning light energy into ATP it is also using some of that light energy to create harmful free radicals, molecules that have an excess or deficiency of electrons. These ionized free radicals latch on to the electrons of other molecules (like a key fitting a lock) to produce new chemicals that shouldn’t be in the cell. The result is that these free radicals kill the Mitochondria. Then, like a chain reaction, the whole cell itself dies because it lacks the ATP that the Mitochondria are no longer reproducing. When the number of living cells necessary for life are reduced by this process to a certain minimum, the entire organism ages and dies. This is the latest theory of why aging takes place, of why the apoptosis of the entire human body takes place.

I theorize that when low-level radiation is added to the Mitochondria by the low level radiation of the Philosopher’s Stone that has been introduced into the body, the Mitochondria can then resist the free-radicals it produces. The Mitochondria then reproduces properly (by division, i.e. mitosis) instead of dying. This maintains the supply of ATP in the living cell and the body then has enough energy to

support all of its living functions for a very long time. This, I suspect, is the reason why the radiating Philosopher's Stone has a beneficial effect on the body and brings about longevity This plus the other mechanisms observed by the scientists as mentioned in the Radiation Hormesis article below (the beneficial effect by an increased amount of low-level radiation on the DNA and the immune system, etc.).

THE SUPPORTING DOCUMENTS FOLLOW, IN FULL:

“An Introduction to Radiation Hormesis

by S. M. Javad Mortazavi

Biology Division, Kyoto University of Education, Kyoto 612-8522, Japan

E-mail: mortazar@kyokyo-u.ac.jp

“Hormesis at a Glance

“All living organisms evolved and exist in a sea of ionizing radiation, much of which is internal. It is a general belief that low doses of ionizing radiation produce detrimental effects proportional to the effects produced by high-level radiation. Over the past decades, however, some pioneer scientists reported that low-dose ionizing radiation is not only a harmless agent but often has a beneficial or hormetic effect. That is, low-level ionizing radiation may be an essential trace energy for life, analogous to essential trace elements. It has been even suggested that about one third of all cancer deaths are preventable by increasing our low dose radiation.

“Introduction

“Despite the fact that high doses of ionizing radiation are detrimental, substantial data from both humans and experimental animals show that biologic functions are stimulated by low dose radiation (Luckey 1980). The word "hormesis" is derived from the Greek word "hormaein" which means "to excite". It has long been known that many popular substances such as alcohol and caffeine have mild stimulating effects in low doses but are detrimental or even lethal in high doses. In the early 1940s C. Southam and his coworker J. Erlich found that despite the fact that high concentrations of Oak bark extract inhibited fungi growth, low doses of this agent stimulated fungi growth. They modified Starling's word "hormone" to "hormesis" to describe stimulation induced by low doses of agents which are harmful or even lethal at high doses. They published their findings regarding the new term "hormesis" in 1943 (Bruce M. 1987). Generally, hormesis is any stimulatory or beneficial effect, induced by low doses of an agent, that can not be predicted by the extrapolation of detrimental or lethal effects induced by high doses of the same agent.

“During the 1950's, Luckey, a pioneer researcher in radiation hormesis, indicated that low dose dietary antibiotics caused a growth surge in livestock. Later he found that hormesis could be induced effectively by low doses of ionizing radiation. In 1980 the first complete report on radiation hormesis was published (Luckey TD 1980). In this report he reviewed numerous articles regarding radiation hormesis. Since the first reports, 3000 papers have been published on the benefits of low doses of ionizing radiation (for a review see Luckey 1980, Luckey 1982, Luckey 1991). The concept of radiation hormesis is usually applied to physiological benefits from low LET radiation in the range of 1-50 cGy total absorbed dose (Macklis 1991). It is widely believed that radiation biology in the future will be focused on biomolecular and genetic implications, problems of damage and repair and connected problems such as radiation hormesis and radioadaptive response.

“Hormesis and LNT Model (LNT =Linear Non-Threshold Theory)

“In the early days of X-rays and radioactivity it was generally believed that ionizing radiation has numerous beneficial effects. It was claimed that blindness might be cured by X-rays. Ladies corsets contained radium! Drinking mineral water containing radium was very popular. People went to spas to drink radioactive water or stayed for hours in caves to be irradiated by ionizing radiation (for a review see Wolff 1992). Between 1925 and 1930 over 400,000 bottles of distilled water containing radium 226 and radium 228 were sold. It was advertised that some mixtures could treat over 150 disease, especially lassitude and sexually impotence (Macklis 1990). It is estimated that the collective skeletal radiation dose of victims of such radioactive medicine may have exceeded 350 Sv by the time the user died (Macklis 1991). Gradually people found that the improper use of ionizing radiation could lead to many complications and harmful effects. Later, In 1927 Herman J. Muller, a Nobel Prize winner, found that X-rays are mutagen and there is a linear relationship between mutation rate and dose. He proposed that mutations, which are induced by radiation (or other mutagens) are mostly detrimental. When it was generally accepted that excessive radiation may be harmful, the first regulations for dose limits were introduced. . Despite carcinogenicity of X-rays was observed as early as 1902 (Kathren 1996), the first radiation protection limits suggested in 1925 and for three decades these limits were based on the concept of a tolerance dose (Muller 1928). Surprisingly, until the end of World War II, ionizing radiation was considered a great scientific miracle. After the war the development of nuclear weapons and later increased use of nuclear power changed this great miracle into radiophobia. At that time people became afraid of even very small doses of ionizing radiation.

“After the atomic bomb explosions in Hiroshima and Nagasaki, studies concerning life span of atomic bomb survivors showed a linear relationship between cancer mortality and high doses of radiation (Pollycove 1998). The United Nations Scientific Committee on the Effects of Atomic Radiation (UNSCEAR), then proposed the linear no-threshold (LNT) theory in 1958 (UNSCEAR 1958). According to LNT theory: 1-The effects of low doses of ionizing radiation can be estimated by linear extrapolation from effects observed by linear extrapolation from effects observed by high doses. 2-There is not any safe dose because even very low doses of ionizing radiation produce some biological effect. In 1959 the international commission on radiation protection (ICRP) adopted the LNT theory (ICRP 1959). **The results of many investigations do not support the LNT theory** (Emphasis in the original) (for an integrative review see Jaworowski 1997). Furthermore several studies including Cohen's studies of the relationship between environmental radon concentrations and lung cancer even contradict this theory and clearly suggest a hormetic effect. This contradictory evidence is discussed in the following section.

“Extensive Evidence Suggesting Hormesis

“1. Experimental Evidence 1.1. Cancer Prevention

“Bhattacharjee in 1996 showed that when the mice preirradiated with just adapting doses of 1 cGy/day for 5 days (without a challenge dose), thymic lymphoma was induced in 16% of the animals (Bhattacharjee 1996). Interestingly, when preirradiated mice were exposed to a 2 Gy challenge dose, thymic lymphoma was induced again in 16% of the animals. However, the challenge dose alone, induced thymic lymphoma in 46% of the mice. From these results, it can be concluded that the low dose preirradiation possibly cancel the induction of thymic lymphoma by the 2 Gy challenge dose. In 1996, Azzam and his colleagues showed that a single exposure of C3H 10T1/2 cells to doses as low as 0.1 cGy reduces the risk of neoplastic transformations. They suggested that a single low-dose at background or occupational exposure levels, may reduce cancer risk. Recently,

Redpath and his co-workers have confirmed the findings of Azzam and his coworkers (Azzam et al. 1996). To test the generality of the observations of Azzam and his colleagues, they used the Hela x skin fibroblast human hybrid cell. Using a similar experimental protocol, they demonstrated a significantly reduced transformation frequency for adapted to unirradiated cells (pooled data from four separate experiments). In addition, recently Mitchel and his co-workers in Canada have indicated that a low dose pre-irradiation (10 cGy, 0.5 Gy/h) modifies latency for radiation induced myeloid leukemia in CBA/H mice after exposure to a 1 Gy chronic radiation exposure (Mitchel et al. 1999). They showed that the latent period for development of acute myeloid leukemia (AML) was significantly increased by the prior low radiation dose. Interestingly, according to T.D. Luckey one third of all cancer deaths are premature and preventable by low-level ionizing radiation (Luckey 1994, 1997).

“1.2. Survival Rate

“In 1996, Yonezawa and his colleagues indicated that when 21-ICR mice were exposed to a 8 Gy of X-rays, about 30% of the animals survived 30 days after the irradiation. However, when mice pre-irradiated with 5 cGy of X-rays, the survival rate increased to about 70% (Yonezawa et al. 1996).

“2. Epidemiological Evidence

“Although radiation hormesis data are still incomplete, extensive epidemiological studies have indicated that radiation hormesis really exists. A brief review on this **irrefutable evidence** (emphasis in original) is as follows:

2.1 Japanese Studies

“1-According to UNSCEAR report (1994), among A-bomb survivors from Hiroshima and Nagasaki who received doses lower than 200 mSv, there was no increase in the number of total cancer death. Mortality caused by leukemia was even lower in this population at doses below 100 mSv than age-matched control cohorts.

“2-Mifune (1992) (Mifune et al. 1992) and his co-workers indicated that in a spa area (Misasa), with an average indoor radon level of 35 Bq/m³, the lung cancer incidence was about 50% of that in a low-level radon region. Their results also showed that in the above mentioned high background radiation area, the mortality rate caused by all types of cancer was 37% lower.

“3-According to Mine et al. (1981), among A-bomb survivors from Nagasaki, in some age categories, the observed annual rate of death is less than what is statistically expected.

“4-Kumatori and his colleagues (Kumatori et al. 1980) reported that according to their 25 year follow up study of Japanese fishermen who were heavily contaminated by plutonium (hydrogen bomb test at Bikini), no one died from cancer.

“2.2. Background Radiation Studies

“1-In an Indian study, it was observed that in areas with a high-background radiation level, the incidence of cancer and also the mortality rate due to cancer was significantly less than similar areas with a low background radiation level (Nambi and Soman 1987).

“2-In a very large scale study in U.S.A, it was found that the mortality rate due to all malignancies was lower in states with higher annual radiation dose (Frigerio 1976). (My emphasis. Art Kunkin).

“3- In a large scale Chinese study, it was showed that the mortality rate due to cancer was lower in an area with a relatively high background radiation (74,000 people), while the control group (78,000 people) who lived in an area with low background radiation had a higher rate of mortality (Wei L 1990). 4-In the U.S.A., it was indicated that significantly, the total cancer mortality is inversely correlated with background radiation dose (Cohen BL. 1993).

“2.3. Nuclear Power Plant studies

“1-In a Canadian survey the mortality caused by cancer at nuclear power plants was 58% lower than the national average (Abbat et al. 1983).

“2-In U.K also it was indicated that cancer frequency among nuclear power plant workers was lower than the national average (Kendal et al. 1992).

“The Mechanism of Hormetic Phenomena

“Although still we do not know the entire mechanisms of radiation hormesis, the following theories may explain this process:

“1-DNA repair (Molecular level) According to this theory, low doses of ionizing radiation induce the production of special proteins, that are involved in DNA repair processes (Ikushima 1996). Studies using two dimensional gel electrophoresis indicated new proteins in cells irradiated with low doses of radiation. Also, it was further shown that cycloheximide, a protein synthesis inhibitor blocks this hormetic effect. The function and importance of these radiation induced proteins is still unknown. Also it was found that inhibitors of poly ADP-ribose polymerase, an enzyme implicated in DNA strand break rejoining could prevent the induction of adaptive response (for a review see Wolff 1998).

“2-Free radical detoxification (Molecular level) In 1987 Feinendegen and his co-workers indicated that low doses of ionizing radiation cause a temporary inhibition in DNA synthesis (the maximum inhibition at 5 hours after irradiation). This temporary inhibition of DNA synthesis would provide a longer time for irradiated cells to recover (Feinendegen et al. 1987). This inhibition also may induce the production of free radical scavengers, so irradiated cells would be more resistant to any further exposures.

“3-Stimulation of immune system (Cellular level) Despite the fact that high doses of ionizing radiation are immunosuppressive, many studies have indicated that low doses radiation may stimulate the function of the immune system. In 1909 Russ first showed that mice treated with low-level radiation were more resistant against bacterial disease (Russ VK 1909). Later in 1982 Luckey published a large collection of references supporting immunostimulatory effects of low doses of ionizing radiation (Luckey TD 1982).

Conclusion

“Our radiation protection policy is based on linear extrapolation from the dose-response data of high doses of ionizing radiation. According to the results of many worldwide studies, this assumption is not compatible with observed health effects of low levels of radiation. Obviously LNT and current radiation protection regulations exaggerate the risk of low level ionizing radiation (in the range of 1-50 cGy) and cause radiophobia (Yalow RS 1990). It is concluded that according to new findings, the existence of radiation hormesis and adaptive response are not deniable and abandoning the LNT theory in low dose risk estimations will be a real necessity in the near future.

“References: •

“Abbat., J. D., Hamilton, T. R. and Weeks, J. L., Epidemiological studies in three corporations covering the Canadian nuclear fuel cycle; Biological effects of low level radiation, IAEA, Vienna, 351 (1983). •

“Azzam E.I., Low dose ionizing radiation decreases the frequency of neoplastic transformation to a level below the spontaneous rate in C3h 10T1/2 cells, Radiation Research, Vol. 146, No.4, pp. 369-73 (1996). •

“Bhattacharjee D., Role of radioadaptation on radiation-induced thymic lymphoma in mice. Mutation Research, 358, 231-235 (1996). •

“Bruce M., Radiation hormesis after 85 years, Health Physics Society Newsletter (1987). •

“Cohen, B. L., Relationship between exposure to radon and various types of cancer, Health Physics, Vol. 65, No. 5, pp. 529 (1993). •

Cohen B. L., Test of the linear no-threshold theory of radiation induced cancer, Presented at the annual congress of the south African radiation protection association, Kruger national park, South Africa (1998). •

“Feinendegen, L. E., Muhlensiepen, H., Bond, V. P., Sonhaus, C. A., Intracellular stimulation of biochemical control mechanisms, Health Physics, Vol. 52, pp. 663-669, 1987. •

“Frigerio, N. A. and Stowe, R. S., Carcinogenic and genetic hazard from background radiation, Biological and environmental effects of low-level radiation, IAEA, Vienna, Vol. II, pp. 385-393, 1976.

“ICRP, Recommendations of the international commission on radiological protection, Publication No. 1, Pergamon press, London (1959). •

“Ikushima, T., Aritomi, H. and Morisita, J., Radioadaptive response; Efficient repair of radiation induced DNA damage in adapted cells, Mutation research, Vol. 358, pp. 193-198 (1996). •

Jaworowski Z., Beneficial effects of radiation and regulatory policy, Australian physical and engineering sciences in medicine, Vol. 20, No.3 (1997). •

“Kathren R. L., Radiation Protection, Medical Physics Handbook 16, (1985). •

“Kathren R. L., Pathway to a paradigm: the linear no-threshold dose-response model in historical context: the American academy of health physics 1995 radiology centennial Hartman Orator, Health Physics, Vol. 70, No.

5, pp. 621-635, (1996). ·

“Kendal, G. M., Muirhead, C. R., Macgibbon, B. H., Oagan, J. A., First Analysis of the national registry for radiation workers; Occupational exposure to ionizing radiation and mortality, NRPB, Chilton, Didcot, U.K., RPB-R251(1992). ·

“Kondo, S., Health effects of low level radiation, Medical physics publishing, Madison, WI USA (1993). ·

“Kumatori, T., Ishihara, T., Hirshima, K., Sugiyama, H., Ishii, S., and Miyoshi, K., Follow up studies over a 25 year period on the Japanese fishermen exposed to radioactive fallout in 1954, pp. 35-54, in Hubner K. F., and Fry, A.A., eds., The medical basis for radiation preparedness, Elsevier, New York (1980). ·

“Luckey T.D., Hormesis with ionizing radiation, CRC press, Boca Raton (1980). ·

“Luckey T. D., Physiological benefits from low levels of ionizing radiation, Health Physics, Vol. 43, pp. 771-789, (1982) ·

“Luckey T. D., Radiation Hormesis, CRC Press, Boca Raton, 1991. ·

“Luckey T. D., Low dose radiation reduces cancer deaths, Radiation Protection Management, Vol. 11, No. 1, pp. 73-79 (1994). ·

“Luckey T. D., A Rosetta stone for ionizing radiation; radiation protection management, Vol. 14, No. 6, pp. 58-64 (1997). ·

“Macklis R. M., The radiotoxicology of radithor, analysis of an early case of iatrogenic poisoning by a radioactive patent medicine, JAMA, Vol. 246, No. 5, pp. 619-21, (1990) ·

“Macklis R. M., Radithor and the era of mild radium therapy, JAMA, Vol. 246, No. 5, pp. 614-18, (1990)) ·

“Macklis R. M. and Bresford B., Radiation hormesis, J Nucl. Med., Vol. 32, pp. 350-359, (1991) ·

“Mifune, M., Sobue, T., Arimoto, H., Komoto, Y., Kondo S., and Tanooka, H., Cancer mortality survey in a spa area (Misasa, Japan) with a high radon background, Japanese journal of cancer research, Vol. 83, No. 1, 1992. ·

“Mine, M., Okumura, Y., Ichimaru, M., Nakamura, T. and Kondo, S., Apparently beneficial effect of low to intermediate doses of A-bomb radiation on human life span, International journal of radiation biology, Vol. 58, pp. 1035-1043 (1990). ·

“Mitchel REJ, Jackson J.S., McCann R.A. and Boreham D. R. The Adaptive Response Modifies Latency for Radiation-Induced Myeloid Leukemia in CBA/H Mice, Radiation Research, 152, No.3, pp. 273-279 (1999). ·

“Muller H. J., Artificial transmutations of the gene, Science, Vol. 66, pp. 84-87, (1928) ·

“Nambi, K. S. V. and Soman S. D., Environmental radiation and cancer in India, Health Physics, Vol. 52, pp. ·

653-657 (1987). ·

“Pollycove M., The rise and fall of the linear no-threshold (LNT) theory; theory of radiation carcinogenesis, Annual Congress of the south African Radiation Protection Association, Kruger national park, South Africa (1998). ·

“Pollycove M., Low dose ionizing radiation; human biology and non linearity, Annual Congress of the south African Radiation Protection Association, Kruger national park, South Africa (1998). ·

“Redpath JL., Antonio RJ., Induction of an adaptive response against spontaneous neoplastic transformation in vitro by low dose gamma radiation, Radiation Research, 149, No.5, pp. 517-520 (1998). ·

“Russ, V. K.,Consensus of the effect of X-rays on bacteria, Hygie,Vol. 56, pp. 341-344, (1909) ·

“Tschaech. A. N., There is no scientific basis for the linear no-threshold(LNT) hypothesis, extension to low doses, Presented at the annual congress of the South African radiation protection association, Kruger national-park, South Africa (1998). ·

“UNSCEAR, Sources and effects of ionizing radiation, United Nations scientific committee on the effects of atomic radiation, New York (1994). ·

UNSCEAR, Report of the United Nations scientific committee on the effects of atomic radiation, General assembly official records, Thirteenth session,Supplement No. 17 (1958). ·

Wei L., Epidemiological investigation of radiological effects in highbackground radiation areas of Yangjiang China, J. radiation research, Vol.31, pp. 119-136 (1990). ·

“Wyngaarden K. E. and Pauweles E. K. J., Hormesis; are low doses of ionizingradiation harmful or beneficial?, European journal of nuclear medicine,Vol. 22, No. 5 (1995). ·

“Wolff S., Failla Memorial Lecture. Is radiation all bad? The search for adaptation. Radiat Res. ;131(2):117-23, (1992). ·

“Yalow, R. S., Concerns with low level ionizing radiation: Rational or phobic?,J Nucl. Med.,Vol. 31, pp. 17A-18A, (1990)·

“Yonezawa M., Misonoh J, Hosokawa Y., Two types of X-ray induced radio-resistance in mice, presence of 4 dose ranges with distinct biological effects, Mutation Research, 358, 237-243, (1996).

(The End).

Another Supporting Document:

BASIN MONTANA, MINING FOR MIRACLES

ZipUSA: 59631

From the National Geographic Magazine, January 2004

By Kira Salak

“People come to Basin looking for miracles: cures for rheumatoid arthritis, multiple sclerosis, depression, cataracts. From the highway, though, the tiny Montana town doesn't seem to offer much. There's just one exit, and a single long look reveals all there is to the place: a collection of weathered houses and old miners' cabins huddling close to the interstate, caught between the high peaks of the Elkhorn range. Basin looks like a place left behind on a whim. Were it not for its radon "health mines," Basin, population 250, would probably vanish back into the mountains as quickly as it came, left only in the memories of the boomers, or prospectors, who first called this place home.

“Miners founded Basin in 1880, when it was nothing more than a collection of brothels, tents, and saloons in a Montana that hadn't even graduated to statehood. Law and order depended less on rules than on the strength of a man's fist. "They were a tough bunch of people, and they all liked to fight," says 68-year-old "Hap" Bullock. "There were cowboys on one side and miners on the other."

“Hap claims Basin roots that go back three generations. He settles himself in his chair in the Silver Saddle Bar and examines me with the patient stare of a man who's seen more than his share of newcomers.

"Did you like to fight?" I ask him.

“He gives me a slow grin and winks. "A little," he says. "We were looking to make a fortune. What you did is, you hollowed out a mountain and walked through it. I shipped 35,000 tons of gold, silver, and other metals from my mines."

“You can still see evidence of Basin's late 19th-century mining heyday. Hike up in the hills and you practically stumble on tunnels abandoned during the gold fever search for bigger and better. Graves of Chinese laborers lie in unmarked mounds along Basin Creek. Ghost towns stare down on Basin from the high hills. Why did the town survive? Local legend explains it this way: Someone once put up a small sign along the highway that said, "Basin-Heaven." If you saw the sign, you'd end up in Basin for life. "Every time someone crazy comes to live here," one resident says, "we say, 'Oh, they must have seen the sign.'"

“I look for the sign along the highway but only see ones advertising the Merry Widow and Earth Angel Health Mines, two of the world's handful of radon mines. Believers claim that ten days in the mines, breathing in radioactive gas and drinking radioactive water, will cure a whole host of ailments.

“The owner of Earth Angel, "Wild Bill" Remior, a disabled WWII veteran, goes into the mine every day with his dog, Mr. Stup. "Now I seen a dog go in that mine that couldn't hardly walk," he says, "and by about the second day he was chasin' rabbits. That was my rabbits that he was chasing."

“He's referring to his more than 120 pet rabbits that live on the mountainside around the mine. When he leaves his trailer, they flock around him like he's a latter-day St. Francis.

"Lady, I seen miracles go through this mine here," he says, pointing to the 600-foot-long tunnel that cuts through the granite bowels of the mountain. "But what does it? I don't know. Now, I cannot see the radon in there, and I cannot smell it, and neither can I see the good Lord nor smell him neither, but there's something in

there that does ya good."

"Even scientists who advocate the therapeutic use of radon haven't studied how it works in Montana's mines. Nevertheless, medical studies conducted in Europe, where radon spas have been popular destinations for more than a century, have shown beneficial health effects of radon treatments for various inflammatory joint diseases, including rheumatism and arthritis.

"Still, the mainstream medical community and many laypeople in the U.S. find such claims unsettling if not downright dangerous, given the well-documented ill effects of high-dose radiation on the body. Yet ever since the Merry Widow became a health mine in 1952, hundreds of thousands of people have come from as far away as Germany, Korea, and Japan to walk 450 feet into the mine for one-hour "treatments," three times a day.

"Their signatures and messages cover the rock walls. Old bus seats line the sides of the mine to provide resting places for the daily crowds of 50 or more people during the summer months, with one passageway leading to the Doggie Den: a cubbyhole with built-in shower, where you can bathe yourself and your arthritic dog. At the end of the main tunnel, I find people soaking their hands and feet in basins of the frigid 44°F radioactive water, which they believe to be more beneficial than just breathing in the radon gas. A rack of magazines and board games helps visitors pass the time, their conversations creating a pleasant rumble down the mine shaft.

"Being in these mines is like entering an odd sort of club in which everyone greets you with nods of congratulations and knowing. Because, they will tell you, miracles really have occurred here-and not just to the faithful or the lucky, but to nonbelievers as well.

"I was a nonbeliever," says Sue Schuster-Johnson, who first visited the mine eight years ago from Nampa, Idaho. "I just came along with my Uncle Clyde for a vacation." (Clyde, 94, has been visiting the mine nearly every year since 1962, when he says it cured his rheumatism.) "But when I got back from the trip, my migraines were gone for good-and I'd had migraines for most of my life."

"Sue collects clay from the walls of the mine, swearing that it heals skin infections. Most visitors end up taking some of the mine away with them: lichen or mold, water, mineral secretions-even little pillows filled with radioactive gravel. One man is said to have loaded up his truck with a hundred gallons of water for his race-horse.

"Stories like Sue's brought Tanya Beck from Duluth, Georgia. Her four-year-old daughter, Allison, suffers from progressive rheumatoid arthritis; her doctors, having run out of solutions, predict she will spend her life in a wheelchair.

"This seemed like our last hope," Tanya says. "When we got here to the mine and I saw what it was, it was kind of like a Twilight Zone thing. I thought, there's no way. But Allison is running and playing now. She hasn't been hurting. She's definitely getting better, and this mine has something to do with it."

"The other mine-goers and I have been listening raptly to Tanya. We all hope it's true, that Allison is getting better. For the first time, I join in and drink some of the radioactive water along with everyone else. I figure it couldn't hurt." (The End)

And now that we have looked at this supporting evidence, I want to repeat the words of the conclusion that I developed earlier in this chapter as to why the Philosopher's Stone might work better to increase longevity and health than exposure to radioactivity in a mine or from other natural sources"

I theorize that when low-level radiation is added to the Mitochondria by the low level radiation of the Philosopher's Stone that has been introduced into the body, the Mitochondria can resist the free-radicals it produces. The Mitochondria then reproduces properly (by division, i.e. mitosis) instead of dying. This maintains the supply of ATP in the living cell and the body then has enough energy to support all of its living functions for a very long time. This, I suspect, is the reason why the radiating Philosopher's Stone has a beneficial effect on the body and brings about longevity This plus the other mechanisms observed by the scientists as mentioned in the Radiation Hormesis article below (the beneficial effect by an increased amount of low-level radiation on the DNA and the immune system, etc.).

Chapter 5: Where And How To Obtain The Secret Fire

The simplest way to obtain an adequate amount of the radioactive mineral Pitchblende is to buy it directly off-the-shelf from a local mineral hobby store or from a large mineral dealer with a catalog on the internet such as United Nuclear. Prices vary but recently you could buy a 6 to 7 pound box of Pitchblende from United Nuclear for \$60 plus \$13.57 postage. That's sufficient to layer the bottom of the size jug we show on the cover of this eBook. The package comes through the mail without any special shielding. Evidently the U.S. Post Office does not consider exposure to Pitchblende mineral dangerous to human beings.

The addresses and locations of other stores that cater to rockhounds where Pitchblende may be sold may be found on the internet or in phone books.

Other internet sources for Pitchblende might be CR Scientific or Edmund Scientific (www.scientificsonline.com). Go for the least expensive price but some batches might be more radioactive than others. I do not know if it is necessary for our purposes to get minerals with the highest level of radioactivity. (That is one of the areas requiring further research). Minerals with lower levels of radioactivity might do just as well for our purpose and would be safer to have in your possession. (See Chapter 7 about safely owning radioactive minerals).

American companies are not permitted by the U.S. government to ship Pitchblende or radiation detection equipment such as Geiger Counters out of the country unless the purchaser has a U.S. government license. However you don't need a license to prospect for radioactive minerals. If a person finds and wants to mine a commercial deposit of Pitchblende they might be required to make the Atomic Energy Commission their first and only buyer. However, if the AEC wouldn't want that Pitchblende I understand that commercial quantities could then be sold to anyone with a purchasing license. But a few pounds of uranium-containing Pitchblende can be purchased by anyone without the requirement of a license.

However, many alchemical friends who have purchased this eBook live outside of the United States and the laws about possessing radioactive minerals vary from country to country. For example, I have been told that it is illegal to even possess distillation equipment in England whereas in the U.S. I have purchased used laboratory equipment of all types at many university surplus stores.

Every country, of course, has prospectors and mineral collectors with equipment and experience. Geology departments at local colleges or universities might be a place to find professional geologists or hobbyists interested in radioactivity. Hospitals or clinics employ professionals with interest and experience in working with radioactive minerals. My plan in the coming months is to become friends with professors and doctors involved in nuclear medicine and then share their information with my readers.

If you do not have a source to purchase minerals look around for places where you can meet a prospector. As a last resort you could even place a classified advertisement in your local paper to find prospectors in your community. You might Google the Fluorescent Mineral Society on the internet and locate a local branch.

I once noticed a man at a local swap meet selling a small mineral collection and through him got several introductions to mineral collectors including one retired man with surplus prospecting equipment, a huge collection of various radioactive minerals and even some gold bars.

You can prospect for radioactive minerals outside of abandoned mines in your own community as I have. Do not go into the mine because old mines sometimes have rotted roofs and there are dangers of cave-ins. Miners used to throw radioactive minerals on the slag heap outside of gold or platinum mines so that is the first and best place to look.

I suspect any radioactive mineral can be used to make your Philosopher's Stone.

Pitchblende is the most common radioactive mineral but it is not fluorescent. American Indians call fluorescent minerals "Devils Dirt." Fluorescent minerals can be located with an inexpensive portable blacklight.

You will need a Geiger Counter or Scintillator to detect radioactive minerals that are not fluorescent.. Scintillators are very good but expensive, probably several thousand dollars. A Geiger Counter can detect radioactivity in the vicinity of your body but a Scintillator can detect radiation at a greater distance and is more efficient.

An adequate Geiger Counter can be purchased on Ebay for \$100. Get a V-100. That model is recommended for prospecting because it is not too sensitive. It takes ordinary D "flashlight batteries and can be calibrated to eliminate the normal radiation background. Thousands of brand-new never-used V-100s have been available since the post world war two period when lots of people were prospecting for uranium.

There are laboratory Geiger Counters but they are too sensitive for use in prospecting. However, they would be useful in measuring the radioactivity of your Stone. (More research is needed here).

A Geiger Counter will not distinguish Pitchblende from other radioactive materials. However, I suspect that any radioactive mineral you can locate may be suitable for making a Philosopher's Stone with the herbal procedure suggested in the next chapter. There is a fairly simple bead test using an alcohol lamp and common chemicals that can be used in the field to distinguish Pitchblende and other radioactive minerals. Information about this is available on the internet. If you have difficulty finding such information I will provide an email or newsletter about this. (artkunkin@gmail.com).

Chapter 6: How To Make The Stone! How To Construct Your Kitchen Laboratory!

After I settled on Pitchblende as a candidate for the alchemical Secret Fire I gave much thought about how to safely introduce small amounts of radioactivity into my body without harming myself. Among the first things I did was research ancient legends of the Tree of Life. It didn't take long to realize that all the ancient legends spoke of becoming immortal by eating fruit.

According to the Judaic-Christian Bible there are two trees in the Garden of Eden with the Tree of Knowledge being an apple tree. The story, of course, is that Eve ate the apple, was pleased and then gave Adam an apple too. The fruit of the Tree of Life is not specified in the Bible but it, too, could have been apple, pear, etc.

In other cultures other fruits are specified as the magic fruit of immortality. In the Middle East the Date Palm is considered to be the Tree Of Life and the date, its fruit, is eaten to attain immortality. In China and Japan the fruit of immortality is the Magic Plum or Magic Pear. (Maybe these fruit trees grew in radioactive soil!).

Then I thought about the alchemical recipes I had been taught for making the Herbal Stone. At Paracelsus College we learned the complicated spagyric method of extracting all three alchemical essentials from an herb: Its Sulphur, Salt and Mercury.

Sulphur is the alchemical code-name for the various oils in the plant that give the plant its coloring and medicinal value. We learned that there were both alcohol-soluble oils and water-soluble oils. (I once saw a book of photographs showing that if these plant oils were crystallized, the crystals looked like the living plant -- but I never succeeded in accomplishing this myself).

Then we learned from Albertus the short cut of using 50-50 vodka (50% alcohol and 50% water) as the laboratory solvent so both alcohol and water soluble oils were extracted at one time. Then we learned about the resins, the insoluble oils, and were taught by Professor Junius that an old alchemical text said we could simply add purified generic resin to the final mix instead of extracting the actual resins from the plant.

The Salt of the herb, its Earth, are its minerals, We learned from Albertus that we could extract the Earth by burning the plant and washing the resultant ash until it became white. The Salt turned out to be mostly Potassium Carbonate.

The alchemical Mercury, the living spirit of the plant, was considered to be its alcohol ((just like blood is considered by alchemists to be the life spirit of animals and humans). However, the alcohol doesn't exist as such in the plant when it is alive. However, as the plant died and its constituent carbons, hydrogens and oxygens fermented they reconstituted as the chemical molecule called alcohol. And that is why modern liquor stores today refer to alcohol by the ancient name of "Spirits" and why beer making and wine making were considered spiritual processes in ancient traditions.

The student at the alchemical school in Salt Lake City were still not done in their separation of all the essentials of the plant. We learned to distill the alcohol to purify it. But then we discovered that it was impossible to eliminate the last percentages of water in the alcohol unless we used special laboratory techniques including micro-filter balls made of clay with tiny openings that would absorb the water and exclude the larger alcohol molecule.

Frater Albertus then taught us two short cuts. The first short cut was that instead of fermenting the plant to produce its alcohol we were permitted to add 100% laboratory alcohol to the final mix as the generic component of the plant kingdom. The second short cut involved starting out with the bottled Mexican alcohol that was already 98 proof with only 2% water.

So we separated the three essentials, purified them and put the three essentials back together to make a so-called Herbal Stone. Separate, Purify and Cohabate are the English terms for the process that the alchemist Paracelsus called spagyric. The equivalent Latin mantra is Solve et Coagula, Dissolve and Coagulate (with the dissolution phase automatically consisting of purification).

The alchemical theory behind using all the essentials was that the final Stone would have all the components of life and therefore would be living. However, this Stone was far from alive*** the reality was that when all the essentials were separated and then put back together again this was a spagyrically separated Stone, not an alchemical Stone that when its components were put back together would exhibit the phenomena of life. Not an Herbal Stone that gave life. It was a Stone still lacking the Secret Fire.**

Of course the Junius Stone with that last addition of generic Resin did the Magic alchemical separation revealed by Eiraneus Philalethes in the Collectana Chemica. You could take the leaves of any plant, crumble them, place them in the prepared spagyric Herbal Stone of Junius, and the plant oils (the Sulphurs) would rise to the top of the container while the Earth would fall to the bottom. (Eiraneus Philalethes was a famous English alchemist, probably really an American by the name of George Starkey, who lived at the period of the American Revolution). I published a photo of this Magic separation supplied to me by Junius on the cover of an issue of Essentia, the Paracelsus College magazine I edited. And Junius showed me and Jim Woolsey how his Stone worked to do this separation at an Anaheim hotel next to Disneyland on one of his trips to the U.S. for his Australian wine making company. (Junius is now deceased).

Exciting stuff but it wasn't a "real" Herbal Stone. And we hadn't resolved the important technical issue that Jim and myself discussed many times of what were the percentages to use of the three alchemical essentials when we recombined them. After all making the Herbal Stone was just supposed to be a step toward making the Big Stone, the Real Stone that would give longevity and do transmutations.

So after my first speculations in 2004 that the Secret Fire could be obtained from Pitchblende and that the Tree Of Life produced a fruit, I realized that I had arrived at the solution of what percentage of each of the three-essentials to use. A finished Apple or Pear had the three essentials already in the exact percentages required for life and all I had to do was radiate the fruit with the Secret Fire, thereby speeding up the atoms of the fruit without making it radioactive itself and VOILA, I had the completed Herbal Stone that would bring about longevity!

So instead of distillation equipment, furnaces, flasks, hot plates, etc. etc. etc. my laboratory became simply a jug whose bottom was covered with radioactive Pitchblende with room left to put my fruit in the jug. And if I used organic fruit I would then eliminate the problem of polluting pesticides.

The results have been as I reported earlier in this book. I have been eating a Magic Fruit every week or two so I don't poison myself with too much radioactivity. I have been doing this since early 2006. My hair is

growing so fast that I require two haircuts a month instead of one. My fingernails are likewise growing faster than normal. I have great sexual energy and a wonderful Goddess is now living with me. I feel young, act young and look (so I am constantly told by friends and strangers alike) Young. I certainly don't look, act or feel like an 80 year old man.

My muscles are admittedly still stiffer than I would like (but I have started to exercise more). I still have a little tummy and a few pounds of excess weight (but now that I have attracted a Goddess to my home I am eating better). I am working on Animal Stone recipes involving Urine and Blood that may be more effective for life extension than my present Herbal Stone. I am achieving personal happiness and joy through internal alchemy techniques. (I am even overcoming the writer's block that I have always experienced when writing books). And I am thinking of turning my attention to making Gold and/or money because I need to plan for security during the next few hundred years.

Chapter 7: Using The Philosopher's Stone Safely

Below to convince any sceptical reader that it is possible to handle radioactive materials like Pitchblends, I am printing several pages of a CR Scientific brochure (available on the internet) on how to safely store and handle radioactive minerals. The safety instructions given are fairly obvious. Pitchblende is safe to handle but don't carry it around in pockets close to your genitals. Don't keep radioactive minerals under your pillow at night or you might regret the exposure.

Wash fruit carefully before putting it in your Pitchblende jug and especially wash the fruit when you take it out of the jug and plan to eat the fruit. You don't want to ingest a particle of Pitchblende no matter how small because any such particle lodged in your body may produce a cancer.

I have started to put a small sheet of non-metallic window screening on top of the Pitchblende to keep the fruit from directly sitting on the radioactive mineral and yet have it close enough for irradiation. I have thought of using dates as the fruit to irradiate instead of Pears or Apples because the Date Palm is the Tree of Life in the Middle East. However I did not do so because dates have a sticky skin and I didn't want a particle of Pitchblende to adhere to the date and then be ingested by me. Pears and Apples seem to be fine.

I do not ingest large amounts of the irradiated fruit. I eat a single apple or pear every week or two, having left them on the Pitchblende to "cook" for that period of time. I have experienced no bad effects. However, at the turn of last century when radium was considered a magic mineral at least one person drank an astounding amount of many gallons of irradiated water in a short period of time and expired. So be careful. Be cautious. Follow your instincts.

.....

From the CR-Scientific website on the internet. (Note: I may not keep this article in the eBook in future editions because it probably is copyrighted material. I will be writing CR Scientific for permission and I suspect they will give me permission because this is free advertising for them. However, there is a lot of similar information freely available on the internet)

“*NOTE:* This page is not meant to be a complete authority on the subject; it's just a quick primer on radiation, safety, and radioactive mineral collecting. Please read the page in its entirety.

“1. What is radiation? What kinds of radiation are there?

"Radiation" in the common sense actually refers to "ionizing radiation" - a term for invisible particles or waves that have high enough energy to strip electrons from atoms, causing chemical changes. The three basic types of natural radiation are *alpha*, *beta*, and *gamma*. There are also *X-rays* and *neutrons*.

“An **alpha particle** is composed of two protons and two neutrons- essentially, it's a helium nucleus, an ionized helium atom (i.e., a helium atom devoid of its electrons and having a net charge of +2). Alpha particles are comparatively large and cannot penetrate much more than a sheet of paper or a few inches of air. However, they are extremely potent ionizing agents because they interact with plenty of matter in their [short] path.

“A **beta particle** (actually, "beta-minus" particle, since it has a charge of -1) is simply a stray electron- not from the usual, orbital region of an atom, though- beta particles spring into existence directly from an atom's nucleus as the result of neutron breakdown. "Beta-plus" particles are positrons or "positive electrons", something encountered seldom in nature.

“Beta radiation can be stopped by a few centimeters of wood, plastic, or glass. A few millimeters of aluminum will also stop most beta. Do not use lead or other highly-dense materials to shield from beta radiation. See below [bremsstrahlung](#) to read why.

“**Gamma radiation** is nothing more than high-energy photons (invisible light; electromagnetic waves). It has no charge, but its high energy means that it can cause ionization. Fortunately, gamma rays move so fast and have such energy that they often pass right through matter without interacting at all.

“Incidentally, gamma "rays" could technically be called "particles" in the sense that photons are both waves and particles, but the word "rays" is normally used for this type of radiation. Don't fret if you have trouble grasping the wave-particle duality of light; even the great quantum physicist Niels Bohr said that no one can truly understand this concept.

“**X-rays** (also called **"Roentgen rays"**) are also high-energy photons, and in fact, some x-rays have high enough energy that they are essentially just gamma rays with a different name. X-rays are not really a different category from gamma radiation; they're just photons in a different energy range.

“**Neutrons** are yet another radiation type; however, stray neutrons do not often exit the nucleus of an atom, except in cases of nuclear fission (the splitting of the nucleus). Some elements undergo spontaneous fission; the synthetic isotope californium-252 is a strong neutron emitter because it has an exceptionally high rate of spontaneous fission, while the natural isotope uranium-238 is an extremely weak neutron emitter because it undergoes spontaneous fission /far/ less

frequently. Spontaneous neutron emission by U-238 is so sparse, in fact, that ordinary detectors won't even pick it up.

“2. Aren't radioactive minerals dangerous?”

“If stored and handled properly (see below), they are not cause for worry. The vast majority of the radioactive content in minerals is either uranium-238 or thorium-232, both of which have extremely slow decay rates (and therefore have low activity compared with short-lived, man-made radioactive elements). Key points to remember when collecting radioactive minerals:

“*1.* Radiation levels taper off drastically as one moves farther away from the mineral sample. The difference between radiation at 1 cm away and radiation at 1 meter away is enormous. It is an inverse-square relationship.

“*2.* Radioactive minerals do produce radon, but it is a very slow process. However, it is best not to store them in one's sleeping quarters. Areas where radioactive minerals are stored should have good ventilation so radon does not build up.

“*3.* The minerals should not be carried in the pockets (especially not near the waist area!), nor should they be brought near the eyes. The lens of the eye and the reproductive organs are especially vulnerable to radiation damage. *If you want to look at radioactive minerals with magnification, use a micro/macroscope, not an eye loupe.* It's also preferable to limit yourself to micromount or thumbnail-sized specimens when using magnification. For highly radioactive specimens, consider using a microscope with a projector screen or computer monitor attachment.

“*4.* The everyday sources of radiation that the average person encounters are more dangerous than a properly handled radioactive mineral collection. Naturally occurring potassium-40 is present in all of our cells in small amounts, but this represents more of a hazard than a chunk of radioactive ore sitting in a display case- because the radiation from K-40 is already inside us and is closer to areas where it can cause damage.

“*5.* Generally speaking, don't horse around. Wash the hands after handling radioactive minerals. Do not crush, saw, or grind radioactive minerals so as to cause their dust to enter the air, especially indoors. Do not smoke, drink, or eat while handling radioactives.

“*6.* ALWAYS store with proper labels and in such a way that everyone knows what they might be touching. Keep the specimens locked in a case where children and pets cannot get into them.

“3. Can a radioactive mineral cause nearby objects to turn radioactive too?”

“The answer is _no_. It typically requires neutron bombardment (as in a nuclear power plant) to make something radioactive. The amount of "induced radioactivity" caused by natural uranium and thorium is vanishingly small. Alpha particles from the decay of Th and U are sometimes captured by the nuclei of lighter elements, ejecting neutrons from these nuclei, but this is not a very efficient (or common) process. _In other words_: you can store your radioactive minerals for many, many years in a box, but they won't cause the box itself to become radioactive. Consider a crystal of uraninite in quartz, embedded in the side of a mountain for a billion years. If radioactive rocks could somehow "cause" radioactivity in their surroundings, then the surrounding quartz would become radioactive, which would then induce the surrounding rocks, and so on. Eventually the entire earth would become highly radioactive in such a scenario! We would never have existed on earth if such were true.

“4. Is shielding necessary for radioactive mineral collections?”

“Generally, no... as long as you don't amass a huge pile of highly radioactive ore and stand near it. As stated before, distance is the best form of "shielding".

“When making a display cabinet, build it fairly deep so the larger radioactive specimens can sit 1-2 feet back from the viewing glass. Then use a double layer of glass, acrylic, or plexi as the cabinet front. This combination will stop all of the alpha radiation and nearly all of the beta.

“Thick metal or concrete will stop much of the gamma radiation, but not all. Recall that alpha and beta are more dangerous than gamma because they are charged and because they interact with matter more frequently. Gamma radiation is often cited as being "the most dangerous" of the three major types, but that's only because it's the most /penetrating/ form of radiation.

“Certain types of shielding can actually be worse than none at all. Lead and other dense metals (e.g., tungsten) can emit X-rays when exposed to beta particles such as those thrown out by the natural decay products of U-238 and Th-232. This phenomenon is called *bremsstrahlung*. If the lead is thick enough, the X-rays won't get out the other side of it. Nevertheless, if you're going to use shielding for a mineral display, it's best to make it out of wood, acrylic, or plexiglas. For a storage box, you could use aluminum or other beta particle shielding as the inner layer, then lead on the outside.

“5. Who should collect radioactive minerals?”

“Simply put: only responsible adults who have educated themselves on the potential hazards should collect radioactive minerals. With proper safety precautions, this can be a very interesting area of study.

“6. Just how radioactive are these minerals?”

“Following is a relative dose scale for comparison (see table). Radiation, as it pertains to human health, is often measured in a dose called millisieverts (mSv). Something that decays faster (has a shorter half-life) will give a larger dose of radiation than the same amount of a slower-decaying material in the same time interval (Cobalt-60 is therefore much, much more dangerous than Uranium-238.). You would have to hold a radioactive mineral specimen in your hand for many hours to exceed the currently accepted safe exposure limit, even for a uranium miner.

“Following is a rough scale, assembled from various sources (See Radiologyinfo.org; <http://www.radiologyinfo.org/content/safety/xray_safety.htm#natural_exposure>; Human Health Aspects of High Level Radioactive Wastes <http://www.ecologen.com/forum/Sutherland_HealthAspectsOfHLRW.pdf>; Nuclear Waste Management Organization (NWMO) data; World Health Organization (WHO) data; WISE Uranium Project <<http://www.antenna.nl/wise/uranium/>>):

“Calculated dose
<<http://www.antenna.nl/wise/uranium/rdcx.html?src=p&shn=0>> from holding
a ca. 5 x 10 cm chunk of rich uranium ore in your hand for 1 hour
0.03-0.06 mSv
Chest X-Ray
0.1 mSv
Average background exposure for 1 year

3 mSv

Lower intestinal X-Ray

4 mSv

Living on the Colorado Plateau for 1 year

4.5 mSv

Typical yearly dose for a uranium miner

5-10 mSv

Calculated dose

<<http://www.antenna.nl/wise/uranium/rdcx.html?src=p&shn=0>> from holding
a ca. 5 x 10 cm chunk of solid uranium metal directly against your skin
for 1 hour

10 mSv

Full-body CT scan

10 mSv

Maximum allowed yearly dose for uranium miners

20 mSv

Lowest dose for which there is any statistical evidence of causing cancer

50 mSv

Acute dose causing radiation sickness

1,000 mSv

Acute dose typically causing death

7,000-10,000 mSv

Acute dose used to destroy cancer cells

10,000+ mSv

Calculated dose

<<http://www.antenna.nl/wise/uranium/rdcx.html?src=p&shn=0>> from one hour
of exposure to one milligram of Cesium-137 at a distance of one
millimeter from the skin

200,000 mSv

Calculated dose

<<http://www.antenna.nl/wise/uranium/rdcx.html?src=p&shn=0>> from one hour
of exposure to one /micro/gram of Cesium-137 at a distance 0.001 cm
(less than one human cell-length away from it)

1,000,000 mSv

“Unit conversion: 1 millisievert = 100 millirems. Thus, 0.05 mSv in one
hour corresponds to 5 mR / hr.”

(This is the end of the CR Scientific Manual on handling radioactive minerals safely

Chapter 8: The Herbal Stone, The Animal Stone And The “Human” Stone

In previous chapters I have discussed preparing the Herbal Stone with and without the Secret Fire. I have also expressed my satisfaction so far with the energetic results of the activated Herbal Stone on my body.

However, I really don't know if I have increased my life span. It feels likely but my plan is to continue exploring the science of alchemy and make an Animal (more properly a Human Stone) using substances from a human body such as Blood or Urine to activate with the Secret Fire. I anticipate that using these substances as the base of the Stone instead of living plant material will produce better results.

Below, for the benefit of my alchemical friends and students, I publish an important old alchemical treatise on using human blood that they might not have available. I believe that Nicholas Flamel, the real alchemist behind the Harry Potter novels, used this procedure. At any rate this would seem to be the coded procedure given in the copy of “The Book of Abraham The Jew” that I have in my possession, the book that Flamel used for longevity and to make gold.

Secrets Of Preparing An Animal (Or Human) Stone From Menstrual Blood (“The Blood of Procreation”)

by Anonymi

(Note by Art Kunkin: This is an untitled manuscript attributed to "Anonymi" and published on pages 404 to 414 of the *Theatrum Chemicum Britannicum*, a 1652 collection of English alchemical texts republished in 1967 as Volume 39 of the "Sources Of Science" series. Strangely enough, although the page numbers of this text are noted in Adam McLean's marvelous collection of alchemical texts on the internet, the actual text of the manuscript does not seem to be published there. However, in my humble opinion, this is one of the most important old alchemical texts on the Animal (or Human) Stone published in the *Theatrum Chemicum* or elsewhere.

For the benefit of the reader I have written and added the title given above to emphasize the value and insight of this text. Of course, my final conclusion is that despite the fairly clear presentation of the use of menstrual blood in this text, information of a type usually kept secret, knowledge of the Secret Fire is still held back or not known. In my opinion, without the proper addition of radiation to the properly prepared blood (or urine), this Animal Stone or “Human Stone” written about here will not add any years to the normal human life span).

The Blood Of Procreation: A Secret For Preparing An Animal (or Human) Stone

(My added title. Art Kunkin)

In the name of the holy Trinitie,
I willl write of this Worke brieflie;
Leaving matters of curcumstance,

And promise the truth to advance:
I will not write Figuratively.
But declare the Matter plainly,
And how things must be made to accord,
By Nature's true worke and the helpe of our Lord:
The World is but one inclosed with heavens round,
Though divers matters and formes be therein founc:
The Earth this worlds Center borne up by the Aire,
In kind hath noe more but being baire,
And neerest to not being, Philosophers have told,
In kinde of Complexion is full dry and cold;
And now for my figure of Torundity,
I will shew hoe Elements accord and disagree:
And though the Elements be so contrary,
Yett by heavens Influence they are brought to unite,
And when once together a body they binde,
Nought may them loosen without wrecke to the kinde.
First Fire in Nature is hott and dry,
Aire differs from Fire in mositure only:
Earth only for coldnesse from Fire disagrees,
This Concord and discord every man sees:
Aire hot and moist of compexion and kinde,
Water differs from Aire but in heate we finde:
Soe that in Moysture we finde them both one;
Natural heate in Water we finde none;
Water cold and moiste of Complexion is,
Earth differs from Water in dryness I wis:
Earth agrees with Fire in dryness noe doubte,
Thus one in another the Wheele turnes about.
From this round Circle proceeds a quadrant,
Each line unti another an equall distant:
And as the round Figure concludes all in Zone,
Soe the Quadrant of foure things makes distinction.
From this Quadrant a Fire must proceed,
Which is Animal, Vegitable and Minerall we reede:
And with the Fire I will begin;
Pray God I be not too bold therein.
The whole Composition of this world is fram'd
Of the Three things which before I have nam'd:
Now to make things of Excellencie,
We muft take things neereft Nobilitie;
And as this grate Maffe containes things Three,
Soe Blood, Flesh and bone in the least World we fee;
Yette lesse World and great World is all but One;
Thus still we keepe an Unyon:
Whatsoever itt is that is alive,

Without Blood they may not thrive.
Sperme is Generacion of each thing,
Of what kinde soever itt bene;
Blood is Sperme be itt White or Redd,
For without Blood each thing is dead:
Blood conteineth the three things I have told,
And in his Tincture hath Nature of Gold:
Without Gold noe Mettle may shine Bright,
Without Blood noe body hath bene fitt of light:
Thus doth the greate and lesse World still.
Hold the Union according to Gods will:
Now of all things Blood Noblelest is,
For nothing in the World may itt misse,
Blood hath true proporcion of the Elements foure,
And of the three species I fpoke of before:
The Blood must be the principall matter of each thing,
Which hath any manner of increasing:
Mercury in Mettalls is the Blood certeine:
Sperme in Animalls gets the like againe;
Vegetable moyfture from heaven so good,
Yett all these three are but Blood:
Then Blood in procreation is neere of kinde,
This secret good Brother keepe clofe in thy mynde:
And upon that Condition,
Which Blood thou shalt take I will make repeticion;
The True Blood of Mettalls is hard to have,
And long tyme of getting itt doth crave:
Blood of Vegetables have moysture greate store,
And therefore to have it requireth much labor:
The true Blood to finde without labour and coft,
Thou knowft where to have it ere thy witts be loft.
Seeke ou the nobleft as I faid before,
For now of the Matter I dare say no more.
This Secrett was never reveal'd till this tyme,
By any Mans writings that ere I could find,
But I which by practice have found itt true,
Knew how things caused things to renew
God grant no Alchymists meete with my Booke,
For they would have Elixir by hooke or by crooke;
And he would spend what his Friends wan,
And be as neere at the last as when it began,
And would promise to give men Gold greate store,
But beware thou of Expence, as I have faid before.

Chapter II

Of the manner of the Worke.

Now after the Matter the Manner compute,

How to bring this our Worke about:
First take the Matter Crude as itt is,
Which will cost you little or nought I wis:
Searce it soe cleane as it may be
Untill from filth itt is all free,
Which willbee done in houres three or foure,
Then will it be cleare from his ill humour:
Then take the Faces which you shall finde,
In the same which the Matter left behind:
Purge him also with the noblest Element,
Untill that he to Earth be brent:
Then have you a Stone of wonderfull might,
With small coft a secret right.
Take ye this Stone and use Millers Craft,
Till it be fine powder and made very soft:
Then give him the moisture which from him ye tooke,
Then use him as ye shall finde in this booke.
But give him noe other Drinke but of his owne kind,
For elce you doe not after my mynde.
Let him drinke no more than will suffice,
Beware of Floods I you advise:
Then search him twice againe as you did before,
And still put upon his owne liquor:
Thus their first Order to passe is brought,
And your foulest Worke fully wrought.

Chapter III

Of the second Order

Now the second Manner I will shew plaine,
How you shall worke it with little paine:
When your three searsings be done after my lore,
Then breake the Stone as you did before:
Then must you have one Veschell,
Which must be made like an Eggshell,
Into the which Vessell the Matter you must putt,
Then see that itt be well closed upp:
The Vessells divided in parts three,
Whereof two still voyde muft bee.
This Vessell muft be set in a kinde heate,
That the Matter may kindly sweate;
The Spiritts must not be opprest with Fire,
For then thou shalt never have thy desire;
Neither must thy Vessell have cold,
For then it will spoil as Philosophers have told;
But keepe itt in a temperate heate always,
For the space of fortie dayes:
Then Blacknesse will appeare to sight,

That Blackneffe thou must bring to be White.
Take out the Glasse at the forty dayes end,
And se that from cold thou doe itt defend:
And set itt in a Furnace with a dry fire,
Till itt be White after thy desire,
Which wilbe done in Weekes three,
And dried from his moisture utterly:
Then with the first Water thou first didst imbibe
Againe thou maist feed it att this tyde,
But give itt no more, nor you doe thinke
May suffice at once for it to drinke,
This done putrefy as you did before,
Even in the very selfe same maner,
And in the said tyme which it stooode before,
Itt will becom of blacke Colour,
And in the same Order if it congeale White,
Then is your Worke both perfect and right;
Now you must goe lerne the Bakers occupacion,
How he Leavens Bread by Fermentacion;
And truly to Ferment take noe plate of Gold,
But parte of that the plates doe hold.
You know that if Sol shew not a faire Tincture,
Itt will be had but in little honour,
Then Tincture of Gold is a most noble thing,
With a grace to noble men of our workeing,
For that true proverbe doth well accord,
Base things befit not a noble lord.
Now have I told you what Ferment is,
To teach you to Ferment I will not misse;
This Chapter is now brought to an end,
And now the third Order to shew I intend.

Chapter IV

Of the third Order of this Worke.

Recipe Sol that is pure and good,
And see that from him you take his pure blood,
Your Stone you must divide in parts three,
And the fourth of the Ferment must be.
If you will have for Red and White too,
To Red after this Order you must doe,
And the White after the same,
Must be ferment with Lune by name,
And the matter equally divyde
One for the Red, the other for the White.
Another like Vessell for the White you must looke,
As before is taught you in this Booke.
When your Ferments to your matters be put,

Then your Vessell close you must shut
And sett it to Putrifye as you did before,
The full tyme as I said of yore:
And use itt in every degree,
As in the next Chapter before you may see.
But looke that you know your two Ferments assunder,
Or elce of your folly itt were great wonder:
And when from his Blacknesse you have brought itt White,
Then have you Elixir of wonderfull might:
Your Red to his perfection is not fully brought,
But you White is perfectly wrought.
Your Red with most strong heate must be fedd,
In a close Furnace until itt be Redd:
When itt is Redd and will melt like waxe,
Then of all that should be nothing laxe.
Now have you a Stone of wonderfull might,
Which will take Mercury before his flight,
And command him to stay, and cause him to bring
All Mettalls unto him and call him their Kinge,
And make such obedyence with out Digression,
That of him they shall all take Impression;
Now have you a Stone of wonderfull power,
Which containeth the three Species and the Elements foure.
Fire in colour, Water by Effusion,
Earth to sight without delusion,
Aire is in Water all men doe knowe,
And thus the foure Elements accordeth now:
As for the three Species I will Shewe,
Howe in your Stone you may them knowe:
Tincture for Blood pertaineth to the Animall,
Moyfture the vegetable part possesse fhall,
All Earth is mineral without any doubt,
Thus keepe we in one Circle and never goe out.
Now I have my Figure perfectly wrought,
Yett of the Center I have said right nought.
A Center is a pricke of whatsoever itt be,
Without any manner of divisibilitie;
And made as Nature doth well provide,
So as no Accident may itt divide:
Only by hand but in the Quantitie,
But by noe element separte the Qualitie;
If in greate Fire you sett it downe,
A true Salamander itt wilbe found;
If in the Water thou throwe I wis,
It will live there as doth a Fish;
If in the Aire you cast it up hye,

There it will live, and never dye;
If in the Earth thou bury itt fast,
Then will it remain there, and ever last.
Thus can no Element divide without doubt
The Center which our Wheele turnes about :
Now how to Multiply your Medicine I trow,
Would doe you much good for to knowe;
For unlesse you know howe to Multiply,
Your Medicine will be spent quickly:
Then would itt put thy minde to much paine,
To thinke that thou must make itt againe:
Therefore the next Chapter shall teach thee right,
To Multiply this Stone of wonderfull might.

Chapter V

How to Multiply.

Now in this Chapter I meane to shewe,
How to Multiply that thou may knowe:
If Iron to the Load-stone be not put certainly,
Itt will decreace wonderfully;
The Species of all things both more and lesse each one,
Are mainteyned by reason of Multiplication;
Then if they be not Multiplied they decay,
But Multiplication makes them be all away.
All things after Conception receive naturall Food,
To mainteine their kind as Nature seeth good:
Soe likewise our Stone needs Multiply,
Or else the Species of that Stone will dye:
And Multiplication must needs be of such thing,
As the thing multiplied takes best likeing.
Fire which burneth perpetually,
If Matter want Fire will dye;
But for to feed our Stone rightly,
The way I will shewe presently.
Take your Glasse and Medicine withal,
And in a warme Fire sett it you shall;
And when itt begins to liquefy,
Put common Mercury to itt by and by;
And itt wilbe devoured anon
By virtue of heate that is in our Stone,
And as much as you put in quantitie,
Soe much doth your Medicine augment truly:
Yett you must have reason not for to cloye,
With overmuch cooling, kind heate thereby,
And as of a Dragme you will make a Pounce,
And may well do itt if you keep round.
And when it is Multiplied sufficiently,

Then from the Fire set it by.
A man in this Land once I knewe,
That marred that he made, and so may yowe;
Except you doe as I have taught,
And then neede you to feare nought.
Another I knew which wanted good direccion,
And at once spent all at one projection.
These knew not howe itt should be multiplied,
Which things I have taught you at this tyde;
But see that the Mercury wherewith ye Multiply,
Be made soe cleane as itt may be.
Now to make him extend his perfection,
It is needful to know how to make projeccion:
Whereof in the next Chapter I will treate,
For of Multiplicacion I will no more speake.

Chapter VI Of Projection.

Now lacke we but onely this Lesson to take,
Perfectly projection for to make:
Take one parte of the Medicine, and of Mercury, Lead or Tinn,
But see that you make them exceeding cleane;
And when your Mettall doth Liquefy,
Then cast in your parte of Medicine quickly.
Then will it be brought to such a passe,
That all will be as brittle a glasse;
Take the brittle subftance as it is,
And upon an(100.) to take doe not misse.
That 100. uppon 1000. foe ftill increase you may,
And project noe more when your Tincture doth decay.
This projection is sure without any doubt,
Thus is our Wheele turned round about.
In what Veffell to project I need not to tell,
For a Maifter of his Art knoweth it very well;
To project on Mettalls now you knowe,
And to project on mans body nowe will I shewe.
First the Body must be purged well,
And by swetting and bathing be made swuttell.
And when you are cleane according to your minde,
Take a dragme of your Medicine with the Quintessence of Wine:
Such a suddeine alteration itt will fhowe,
As you need not to fear Corruption no moe;
Nowe of his Vertues I need not to declare,
They are fully shewne by others else-where.
Now to the holy Trinitie I thee commend,
Thankeing him my Worke is at an end.
Charging thee this secret from bad men to keepe,

Though with greate Importance of thee they itt seeke;
And beware itt goe not from thy hand,
Except to a perfect honest man.
By Bookes the true worke I could never finde,
Therefore left I this Booke behinde,
That to whose share soever itt might fall,
By itt they might know our Secretts all.
God grant no Multiplier meete with my Booke,
Nor no sinifter Clerkes theron to looke,
Then will they pay their debts surely,
And build Churches, and Steeples very hye;
Keepe itt from these folks I thee pray,
As thou wilt answere before God at Last day;
For whatsoever hath bin said to our worke doth accord,
Therefore give honour, prayse and thanks to our Lord;
Holy and Reverend be his Name,
Which to me vile Synner hath revealed the same.”

The End

(Note by Art Kunkin: I plan to add to this chapter in future editions for the benefit of the reader a classic text by the alchemist Eiranaeus Philalethes (George Starkey?) titled “The Secret Of The Liquor Alcahest.” This short text tells of preparing human urine as the Philosopher’s Stone, again without mention of the necessary Secret Fire to activate it. This text is to be found in a collection of alchemical texts called “Collectanea Chemica and I believe is available in full on the internet at Adam McLean’s Alchemy Website.

Chapter 9: How Alchemical Friends Can Help You Succeed

Pooling finances to purchase Pitchblende and/or geiger counter or Scintillator. Learning and practicing internal alchemy techniques with friends. Attendance at alchemical workshops.

To be continued in future editions and in our newsletter.

Book Two: The Mineral Stone (To Be Sent To You Soon).

Chapter 10: Transmutations I Have Done In My Kitchen Lab

Kervran work I have done. Discussion of this work in Gnostic Magazine article posted on www.alchemyrevealed.com.

Chapter 11: The U.S. Army Verifies Biological Transmutations

Give title of Army document. Scan? Post whole report as part of this chapter or add it at end of book in document section.

Kervran's theory of atomic nucleus. My discussion with Christopher Bird about Kervran

Chapter 12: Super-Heavy Elements and The Mineral Stone

Professor Cau and z126. Cau is not an easy read because his unique presentation (in both French and English) combines straight modern science (including nuclear equations) with extreme political and religious views (he believes that Bolshevik revolutionaries are in control of modern Europe; he also believes that scientists involved in nuclear research have completely capitulated to pro-war politicians; and he deplores the low level of respect given Roman Catholicism by the current French population). He is very courageous and aggressive. Cau's work has been published by only a few lesser-known scientific periodicals and very rarely. His websites, however, include copies of submissions he has made to major scientific publications like Nature and the many rejection letters he has received in proof of the fact he has made efforts to be acceptable to the scientific establishment.

Cau has also received critical hostility from Adam McLean, a central figure in modern alchemy because of his levity.com website presenting a huge collection of alchemical documents and discussions.. McLean has told me that Cau has attempted to support his research work by fund raising appeals that McLean considers unethical. However, I do not know the details of this. It may simply be that McLean is hostile to introducing a discussion of radioactivity into alchemy. In a Hermetic Journal article of many years ago that I still remember, McLean wrote about the anti-human characteristics of all heavy elements above the 92. He may thus have a philosophical bias against Cau's Scientism. It also may be that McLean, whom I highly respect and have admired for many years, chooses to be a fearsome polemicist on occasion.

Book Three: Yogas To Turn Yourself Into Gold

Chapter 13: The Tibetan Book Of The Dead

In my opinion, the Tibetan Book of the Dead is one of the most important textbooks for a person concerned with immortality, the Philosopher's Stone and inner alchemy. Those attempting to make the medicinal Philosopher's Stone in the alchemical laboratory should familiarize themselves with it. This book of techniques to achieve conscious reincarnation fills a practical and philosophical gap in the Western literature on alchemy that no other book does. By giving instruction for accomplishing immortality throughout lifetimes, not just increasing the longevity of one lifetime, this Book of Life introduces the student to an entire branch of the "spiritual" alchemical tradition unfortunately not included in Western alchemy at all. (The Tibetan Book Of The Dead, First Complete Translation, Penguin Classics Deluxe Edition, 2005, Introduction by His Holiness, The Dalai Lama. Since 1935, other English translations have been available but this latest one, in my opinion, is the best, most complete and the one that should be owned and studied).

I realize that associating the Tibetan Book of the Dead with alchemy is a novel idea. In my forty years of studying this book in its four major translations, in forty years of sitting with and learning from such important Tibetan teachers as Kalu Rinpoche, Chagdud Rinpoche., Naimku Norbu, Chogyam Trungpa and the Dalai Lama himself, I have never heard the Tibetan Book of The Dead spoken of as an alchemical text.

Nevertheless, in seeking effective techniques to further my own evolution I have come to understand that The Tibetan Book of the Dead is a textbook of inner alchemy presenting methods for training the living energies of the human body in a manner that parallel the procedures of the alchemical laboratory. This book teaches that just as one separates, purifies and reassembles all the essential components of an herb or mineral in the laboratory when making the Philosopher's Stone (Solve et Coagula), this is the same procedure to be followed in the inner alchemical work.

Despite its title, this is not a book of or for the dead. The popular and incorrect title of this book was given to it by Western translators who mistakenly thought of it as an equivalent to the Egyptian Book Of The Dead. That book, however, is almost entirely a book of magical spells for a spirit body in an after life after physical death. This Tibetan book, however, tells how to overcome death through conscious reincarnation, how consciousness can select and enter a desirable physical body.

A literal and proper translation of the Tibetan title of this book is "The Book Of Liberation Through Hearing In the Intermediate States." This is part of the Tibetan Buddhist Mahayana teaching that an enlightened person (a Bodhisattva) accepts as his or her life's service-task helping other humans to be fully conscious and awake. Therefore, the Bodhisattva doesn't attempt to leave the human state for a higher one even when able to do so "until all sentient beings are enlightened." (This is the Bodhisattva vow that I first took in the early 70s from Kalu Rinpoche). Thus, the Bodhisattva **wants** to be in a physical body, **wants** to be a teacher in a physical body. Our Tibetan book thus teaches techniques by which the consciousness (the "mind") of the person who does not have the Philosopher's Stone for longevity (or a person who experiences accidental death despite having the Stone; a person, in any case, whose physical body dies) how to pass through death to consciously come back to an extended and meaningful life in a chosen physical body. This, in my opinion, is the essential objective of the Philosopher's Stone of longevity expressed in a different way and for a different stage (the Intermediate State) of human experience. (For the rest of this chapter, I will simply refer to this

“Book” to avoid constantly repeating its long Tibetan title).

Despite being a non-Tibetan who lacks academic credentials in the subject, I will go further out on this “limb” of saying things about Tibetan Buddhism and alchemy that are not public knowledge by looking at the major “mantra” of Tibetan Buddhism: “Om Mani Padma Hum.” (A mantra is a summary of a spiritual teaching of the East. Non-initiates, however, consider a mantra to simply be a spiritual sound, a vibration whose repetition itself brings merit to the chanter. To an initiate who has received full instruction in a particular teaching, however, its associated mantra or summary is a memory device for recalling the teaching, a method for a student to continue integrating and using that teaching in one’s life). Now to the non-initiate the Tibetan mantra “Om Mani Padma Hum” if literally translated comes out as “Oh, you Precious Jewel In The Lotus,” a rather meaningless phrase that summarizes nothing of use.

However, there is an important Tibetan legend that if someone-somewhere-somehow is not chanting this mantra, that is the day the physical world ends. So what does this very widely used mantra really mean?

This obligation toward the world, toward the maintenance of life, is taken very seriously by Tibetan Buddhists. When they are not chanting “Om Mani Padma Hum,” they are turning road-side wheels upon which the mantra is engraved or rotating hand-held prayer wheels containing paper on which the mantra is written. I remember at one time in Berkeley in the mid-70s helping to construct a huge six foot prayer wheel in a Tibetan temple containing thousands of repetitions of this Mantra inside the constantly rotating motorized wheel. Such prayer wheels are even placed in streams so that the moving water becomes a natural and enduring force keeping the mantra flowing into the world so that life continues.

As a student I was puzzled by this mantra and kept on asking what does it really mean, what teaching is it transmitting that the world and all of its life will end if the teaching is forgotten? Finally I learned. The secret was the inner meaning of the word “Mani.” It does not simply mean “Precious Jewel,” its common translation, but “Wish-Fulfilling Gem.” In other words, “Mani” means the Philosopher’s Stone that gives life and all the “wealth” a person needs. So all the Tibetans chanting this mantra are expressing a desire for the Philosopher’s Stone.

Furthermore, when monks (and not simply ordinary Tibetans) chant “Om Mani Padme Hum” in their temples, they always preface it with “Om-Ah-Hum” That prefacing mantra is shorthand for the three bodies of the human being (Om=physical body; Ah=emotional body; Hum=mental or spiritual body). So the full teaching that the Tibetan Buddhist monks are “remembering” when chanting this mantra, in contrast to the mechanical repetition by the superstitious Tibetan in the street, is that the Philosopher’s Stone, the “Mani,” is the aim of the spiritual work and is created by the full development and integration and enlightenment of one’s physical, emotional and spiritual aspects.

When thus considered, the higher practices of the Tibetan Buddhists are thoroughly alchemical in nature: the creation of the Philosopher’s Stone. This is the little known reason why Tibet became associated with the legend of Shangri-La, a community of immortals popularized in the classic American film, Lost Horizons. This is the basis for one of the most popular metaphysical books of all time, a book translated into a dozen languages including braille and read by millions, “The Ancient Secret of The Fountain of Youth” or the Five Tibetan Rites For Longevity (originally “The Eye of Revelation” by Peter Kelder).

This is the story behind the story of Edwin Dingle, a British journalist and geographer, who attracted 200,00

people to his Mentalphysics teaching in Los Angeles and Joshua Tree, California with an anti-aging breathing and Moon meditation he learned in Tibet in 1911 from a 152 year-old Tibetan monk. And when I asked a Tibetan Rinpoche now in the United States (Rinpoche is an honorary title meaning “Precious One,” a title granted only to highly developed teachers) if alchemy existed in Tibet, he revealed that the practitioners of the Dzog Chen tradition, considered to be the highest yoga of Tibet, are the alchemists of Tibet. He added to this insight (a fact that has never before been published in all the books written about the Dzog Chen to my knowledge) that in recent years he has heard of no Tibetan who is still attempting to make the legendary Philosopher’s Stone in a laboratory. So even in Tibet they have evidently lost the knowledge of the Secret Fire.

Since the reader may not agree with or believe in the notion of reincarnation, or understand that the highest teachings of Tibetan Buddhism does not contain the belief that everyone reincarnates or in the same way, I will start with the beginning concepts.

(The rest of this chapter will be sent to the purchaser of this eBook soon. It will summarize a method of inner alchemy, of meditation, based on the Tibetan Book Of Liberation Through Hearing).

Chapter 14: The Buddhist Abhidhamma & The Hebrew Kabbala

In this chapter I will mostly present the Abhidhamma, the highest wisdom of Buddhism, as a method for inner alchemy. I will show that Aleister Crowley, the famous Golden Dawn “Magician” of the 20th century believed that the Abhidhamma was a more functional system for personal development than the Kabbala, the Hebrew system for inner alchemy. Nevertheless Crowley (and the Golden Dawn) taught the Kabbala as inner alchemy because he believed it was more accessible.

In this chapter (that will be sent to the purchaser of the Book soon) I will give in summary form a procedure for using the Abhidhamma to change (dissolve) one’s karma.

Chapter 15: Sexual Yogas (Hindu Kundalini & Chinese Taoism)

Kundalini psychosis and micro-cosmic rotation as taught by Mantak Chia
A discussion of the folly of celibacy. Why the Hindus believe in celibacy.

Another chapter that will be sent to the purchaser of this eBook.

Chapter 16: Sexual Yoga In The Old Testament (The victory of Rabbi Akiva)

Shir ha Shirim, The Song of Songs (wrongly known as the Song of Solomon)

A convocation of Hebrew Rabbi’s wanted it removed from the Old Testament but Rabbi Akivah called it the Holy of Holies and insisted that it remain in the Old Testament.

Aesch Mezareph - A Hebrew alchemical document. The importance of Lead. This document shows an early awareness by Hebrew Kabbalists of radioactive decay.

Chapter 17: Jung, NLP and Modeling Your Mastermind

How Neuro Linguistic Programming (NLP) can be used to learn alchemy.

Book Four: Notes On The History Of Alchemy

Chapter 18: Sumeria as the real birthplace of alchemy

Sitchin. Annunaki.

Fields of radioactive waste in Mid East. Sumerian and Biblical legends about use of radioactivity

Flying machines in Hindu legends

Chapter 19: The Secret Fire Is Not This, Not That!

Let's start by eliminating all the things that alchemists have been calling the Secret Fire or the Prima Materia, the starting substance, and are not. It is a long list. In the last 25 years I and my friends have experimented with almost all of these substances. I have even probably forgotten to include a few others that are also dead ends (or almost dead ends; my final conclusion is that the work with many of the substances on this list results in useful or interesting medicinal by-products even if they have nothing or little to do with The Philosophers Stone).

I could write many pages, perhaps an entire book about this list because the experiments involved were the major part of the curriculum at the Paracelsus Research Society in Salt Lake. It is useful to know what doesn't work. It would be useful to comment on some of the by-products that we saw so others could pursue their implications as medicines. It would also be useful to outline the interesting additional experiments that occurred to us but were not pursued at the time because the results were not leading toward the Stone. However, this would be an intellectual exercise that at this time would divert us from our present purpose of presenting a simple and clear manual showing how to make a useful Philosopher's Stone.

It is not a sea weed, mistletoe, ocean water or a fungi.

A now-deceased student of alchemy, a former Professor of Dentistry at the University of California, (look up name) gave me some interesting hints that led me to experiment for months with ancient plants of the ocean, seaweed, and mistletoe. Dead ends. I have as a memento of these experiments a scar on my wrist from when I was carrying a five gallon glass jug of Santa Monica seawater into my house and stumbled on a porch step.

Another time, I dug out some interesting looking fungi on the walls in the underground (winery) at Schloss Johannesburg in Germany because I was told that this fungi was critical in producing Johannesburg Riesling Wine. Another interesting dead end. Nothing to do with alchemy.

It is not absolute alcohol.

Some of the most fun times I have had in my alchemical laboratory was when I made wine and beer or processed wine into pure absolute alcohol. The procedures I mastered in these experiments were important in my development as a laboratory alchemist and in understanding the philosophy and mind-set of the ancient alchemists. Some alchemists, like the famous Glauber, (cite his four volume work), believed that absolute alcohol, 100 percent pure with no residue of water, was the Secret Fire.

Alcohol certainly is a very unusual substance. It does not exist in a plant until the plant dies. When a plant putrefies and dies a fermentation takes place in which the carbons, hydrogens and oxygen atoms that are the life of the plant leave the plant and recombine as alcohol. The ancients looked on this liquid alcohol as the equivalent of the blood life-force present in animals. Therefore, they called this alcohol the 'spirit' of the plants, comparable to the spirit that the old religions believed was the life force of animals and humans. So when you go into a liquor store and see the bottled 'spirits' that line the walls, you have come into a surprising direct contact with the alchemical tradition. However, useful as alcohol is in many alchemical and conventional medical processes processes (such as the extraction of some oils from plants), it is not, in my opinion, the Secret Fire.

It is not lead or the acetate salt of lead

There was great excitement at the alchemical school I attended in Salt Lake City when one of the students “rediscovered” a hundred page summary of chemistry in the first 1771 edition of the Encyclopedia Britannica. This article was important because it appeared at that point in history where the new atomic theories of the relations between elements were about to replace the older theories of alchemy and medieval chemistry with their detailed descriptions of color changes and other phenomena of chemical processes. In any case this Britannica article described a dry distillation of lead salts (lead acetate) that when replicated produced an amazing white liquid that would boil at ordinary room temperatures as well as produce precursor red and yellow oils.

Everyone was excited because Frater Albertus, our alchemical teacher, said this white liquid was the alchemical “Philosophical Mercury” that was the necessary precursor to make the Philosophers Stone. Such a volatile liquid was seen by the French Freemason Casanova when he visited the laboratory of the famous alchemist Comte de St. Germain (as described in the 12 volume diary of Casanova published in (year), a diary better known for Casanova’s romantic adventures than his metaphysical adventures) . The production of the white volatile liquid that rapidly turned into a gas when exposed to the atmosphere was also dramatically-described in his 1940 book, “Alchemy, Rediscovered And Restored” by the modern English alchemist, Archibald Cockren

This lead acetate distillation involved a fairly complex process where the volatile white liquid could only be captured after being slowed down in a glass coil (that had to be made at some expense by a competent glass blower; I now own the glass coil commissioned by Israel Regardie, the famous writer who published the secret works of the ceremonial magician Aleister Crowley) and finally contained in a flask that was cooled to very low temperatures in an apparatus containing dry ice and acetone.

When I first did this distillation myself (eventually I did it many times in the course of the next twenty years) I didn’t know what to do with the so-called Philosophical Mercury (like everyone else I know who accomplished this experiment) and put it and the red oil produced aside in labelled flasks. Years later, when reading an article titled Das Acetone by an alchemical experimenter named Becker, I learned that this red oil could possibly dissolve gold. So I went down to my basement laboratory at 2am one morning, put the red oil in a petri dish along with some pure gold foil and, sure enough, by next morning the gold was dissolved.

Frater Albertus said that I had made the legendary potable (drinkable) gold. Another prominent alchemical student, Hans Nintzl, took this so-called potable gold, compounded it into a potion with Crisco and claimed that by applying it to the skin cancer of a friend he accomplished a “cure” of the cancer.

Hans also claimed cures with homeopathic preparations of Gold, so diluted that there was not a single molecule of Gold in the medicines that Hans prepared Despite these anecdotes I finally decided after many years of personal experimentation and observed experimentation that this lead acetate distillation and the so-called potable gold were also dead ends that would not lead to the production of a functional Philosopher’s Stone.

It is not sulphur or the oil of sulphur.

“Sulphur” is a code name for one of the three alchemical “essences”, the “soul” that is said to make up matter (along with “Mercury,” code name for the “Spirit” of matter and “Salt,” the earthy component of matter).

A few students of alchemy, including myself, have experimented with alchemical recipes using the real element of Sulphur, a substance with many known medicinal virtues. The results, including the preparation of the Oil of Sulphur (if I remember correctly the process involved sublimating mineral Sulphur under a glass dome), seem to be very powerful medicines but, again, I have concluded this is not a path to the Philosopher's Stone. When in Europe one time I spoke to the widow of an alchemical student who had written about the results of his sublimation of Sulphur and his use of the medicine produced. Oil of Sulphur? His name _____??

It is not antimony, antimony glass, the oil of antimony antimony tincture or antimony tri-oxide

Antimony is a mineral that is astrologically associated with the planet Earth. Many alchemical classics (Basil Valentine, Artephius, etc.) say that antimony is essential to making a Philosopher's Stone. Sometimes this conclusion is expressed not in writing but in symbolism where a wolf (antimony) is eating a Sun (the symbol for Gold) or a symbol for Iron (Aries, astrologically, or the planet Mars). Antimony is also useful in assaying gold.

In my experience, however, the Philosopher's Stone of immortality or even the Prima Materia or a metallic transmutation can not be produced by the chemical element of mercury "animated" by antimony, iron "animated" by antimony or any combination thereof. There is no "energy" in such a combination of substances, no logical scientific reason why such substances combined should result in alchemical transmutations or a medicine for longevity. That is why I finally concluded the secret was contained in a radioactive mineral that was just bursting with invisible atomic energy.

However, I did see in the San Diego laboratory of Betty Haig (McHaig?) (now deceased) an antimonial preparation ("animated" by mercury --see her notes) in a tiny flask sitting on a kitchen hot plate that was strangely pulsing as if alive. The hot plate was producing a slight amount of heat (one could place one's hand on it without being burned) so possibly that small heat was enough to cause the reaction. However, the pulsation was very strange to watch. Another mysterious dead end that did not result in the Philosopher's Stone.

An anecdote: Hans Nintzl in Dallas, Texas once called me and spoke in a very excited voice about Betty _____. He had been calling around to herbalists to locate some _____ and finally found a herbalist who had some. The herbalist told Hans that another alchemist had been asking him about the same herb and gave Hans the phone number for Betty. Hans spoke to her on the phone (Betty lived in San Diego), learned about her experiments (flashes of light, the pulsing antimony, etc) and suggested that I go to see her. I drove to San Diego with Jim Woolsey and _____? We didn't want to waste our time and pre-arranged a signal if Betty proved to be a disappointment. However, we spent many, many hours with Betty and tape-recorded her. Learned about her work with Dr. Strong, the retired cancer researcher, his researches into Francis Bacon, saw the Royal Society map overlay with the stars pointing to the island in Nova Scotia (Oak Island, the location of the excavations of what was called The Money Pit in many articles and books, even a film) where there was possibly a Bacon archive. Betty and her visit to the island. Later I heard Betty speak at the Bacon Library. Eventually, I believe, she died of Diabetes and Hans circulated her notes.

Re Antimony. I saw something else in the 80s or 90s that was very strange. I along with other students of the American branch of the French group called The Philosophers of Nature (PON) was melting antimony at an Illinois workshop in a replication of the alchemical work of Basil Valentine, pseudonym of a supposed Catholic monk of the (?) century. One couple working on a furnace nearby the furnace I was using _____ (the furnaces were a special design of PON; see their notebook) showed me a lump of antimony that presumably

had just congealed from their furnace. It displayed a perfect five-pointed star on its surface about one inch in size as if it were engraved on the surface. Was this the famous Star of Antimony written about by Valentinus and had we hit on the process that would produce this symbol? Another provocative mystery that did not lead to the creation of an alchemical Stone but contributed to my determination to continue alchemical experimentation until the Stone was actually made.

Frater Albertus, one of my main alchemical mentors, transited without writing or publishing the definitive book on Antimony that was one of his life-long objectives. He believed that Antimony, being astrologically associated with Planet Earth, was key to the production of the Stone. However, although the anecdotal “evidence” is that he produced powerful medicines from Antimony Tri-Oxide, and antimony is indeed useful in purifying gold, my sense is that this is another alchemical dead end.

Incidentally, Albertus gave me some of his antimonial medicine to give to my dying father (my father had lung cancer) but my father passed on without having tried Frater’s medicine because his new wife was suspicious of the medicine’s value.

It is not tartar or the salt of tartar (potassium carbonate).

In many alchemical books the potassium carbonate crystals that are occasionally seen in wine bottles is said to be the Secret Fire necessary to produce the Philosopher’s Stone. My friend Prince Stanislav de Rola Klossowski reports this to be true in his wonderful books of alchemical symbols (“The Golden Game” and “The Secret Art Of Alchemy.”). He evidently was told this by his famous mentor and friend, the French alchemist Eugene Canseliet. Canseliet, in turn, was the supposed student of the still more famous French alchemist named Fulcanelli (although Canseliet is believed by some to actually be Fulcanelli himself, and used this pseudonym to more forcefully present his views. However, in _____ book titled “Alkemi,” Schwaller de Lubicz (sp?) is cited as saying that he knew Fulcanelli and that Fulcanelli stole his idea that the European cathedrals presented the secrets of alchemy in their stained glass, sculptures and architecture.

Tartar is an essential plant attribute but, again, in my opinion there is nothing energetically associated with tartar that could lead to transmutations or longevity.

It is not urine or the salt of urine or the “red oil” of urine

Urine is another amazing substance. When fresh and free of bacteria or other harmful substances, drinking urine is the basis for the Indian medical technique called Vajroli, the reintroduction into the body of valuable vitamins and hormones that initially were surplus to the needs of the body and thus rejected at first. By passing through the body these vitamins, hormones, etc are known to become adapted to the human body (in fact, they become more organic) and, therefore, according to _____ are more valuable to the body the second time around. Urine, considered to be a vile waste substance by most people whose acrid ammonia smell is despised by many, is actually nothing but the plasma “clear” portion of human blood. The human embryo for the nine months before birth and becoming a breather of air (this embryo is not an abstract being but is YOU!) actually lives submerged in a urine environment (the amniotic fluid) created by the growing embryo and the mother.

Soldiers and sailors are actually taught in survival school to drink their urine when pure water is not available.

In many cultures such as the Eskimo that use psychedelics for spiritual development and pleasurable highs, the drinking of urine is promoted because it will contain concentrated hallucinogenics that the body did not absorb the first time around.

There are several alchemical documents including most notably The Liquor Alcahest of Eiraneus Philalethes (whose real name was probably George Starkey, a famous American alchemist circa _____) that speaks of Urine and the salt of urine as a valuable human medicine. This alchemical conclusion is probably the basis for the Indian system of _____. However, I have concluded that the urine itself is not the renowned Secret Fire of Alchemy. Ghandi. John Lennon. Those drinking their urine may be healthier but there is no evidence that their life span is substantially increased or that they have become immortal. Urine by itself is properly called "The Perfect Medicine" but only when it is animated by the Secret Fire (Pitchblende) does it become a useful form of the alchemical Animal Stone that will provide longevity.

I did take urine contained in a open glass cup and place it on top of the Pitchblende rocks in my large glass container. However, I have no idea if the radiation was penetrating the glass or if the radiation was able to get into the glass cup through the opening at the top. Again, we have to locate a specialist in nuclear medicine who can teach us what kind of instrumentation is necessary to actually measure the radiation.

It is not human blood or even the menstrual blood of a woman

Some years ago I discovered on pages 404 to 414 of the Theatrum "Chemicum Britannicum" a manuscript attributed to "Anonymi" about a procedure using Menstrual Blood, there called the blood of procreation. Jim Woolsey and I did this work, using blood obtained from a woman friend of Jim's and from Anna. We supplied the two women with special cups to collect the blood (Anna eventually stopped providing me with her blood because she was concerned the collection process would give her a toxic shock. We put this menstrual blood in hermetically sealed flasks to process (eventually both Jim and I had a Los Angeles glassblower make us up special flasks --- \$100 each -- having a special screw top that would give a hermetic seal without melting the flask top shut). Another dead end but I suspect that if the blood was irradiated with Pitchblende (similar to the idea of irradiating the salt of urine prepared according to Eiraneus Philalethes), either of those might be an effective Animal Stone that, if ingested, would lead to longevity. Note: must contact a specialist in nuclear medicine who can tell us how to measure the amount of radiation in such an irradiated Stone.

It is not homeopathic gold or the potable gold I prepared.

Hans Nintzl and his homeopathically prepared gold. Hans insisted that this was a very effective medicine for cancers but it was not the Stone. The so-called potable gold that I made by dissolving pure gold foil in the red oil resulting from the distillation of lead acetate was given me to Hans. He took this potable (drinkable) gold (identified as such by Frater Albertus), compounded it in Crisco to make a paste and said that he cured a man's skin cancer with this paste. Again, it may be a useful experiment to remake these substances, irradiate them with Pitchblende and test the resultant "Stone." We must find a doctor or lab technician familiar with nuclear medicine and find out how we can determine the precise radiation contained in any one of our irradiated "Stones"

To summarize, in my opinion none of the substances in our list above has an "energy" capable of accomplishing metallic transmutations (that by definition means the "strength" or power to have an effect on the nucleus of an atom, the power of knocking out or adding a proton to the atomic nucleus -- or breaking a

nuclear neutron into its components) and none of them are known to have an “energy” that can rejuvenate the body even though some of them are medical cures for various symptoms.

Chapter 20: Immortal Vampires & Constructed Frankensteins

The vampire legend and blood.

Vampire's sleeping in coffins containing soil from their native country. (Radioactive minerals in soil??)

Vampires crossing water. Use of native soil in shoes.

Electricity in Frankenstein fictional novel seen as the Secret Fire.

Chapter 21: Gnostics, Cathars, Templars, Freemasons & Rosicrucians

Rumors that alchemy was the secret. Cathar blood bathing. Rosicrucian Notes. Eternal lamps. The Voynich manuscript.

Chapter 22: Alchemy in Salt Lake City

Paracelsus Research Society

Alchemy differs from herbalism in one significant way. When alchemists make an herbal Stone they seek to preserve the very life of the plant so that ‘life’ can be beneficially transferred to a human being.

However, when an herbalist makes an ordinary chemical herbal tincture or tea, only one of the beneficial aspects of the plant is preserved in the tincture. For example, the procedure of the herbalist is to put the tea bag or the dried herb into boiling water. Then the water dissolves or ‘extracts’ the water-soluble oils. The water in the cup then becomes colored by the water-soluble oil. If alcohol or ether is used as the extraction agent, different oils are released into the tincture. Since soluble oils of many herbs have medicinal value, the tea tincture is now truly of use as a healing medication. Nothing I am saying here is casting doubt on the value of any simply extracted tincture as a healing aid.

However, the simple tincture producing process of the herbalist has its limits. When the tea bag or herbal residue is thrown away after the soluble oils have been extracted, all the useful minerals are being thrown away as are all the oils and chemicals not soluble in the particular extracting solvent being used. And note that in making a simple tea the potential alcohol of the herb is also not part of the final herbalist product because the stage of fermentation that processes the carbon, hydrogen, nitrogen and oxygen atoms into alcohol has not taken place. Nevertheless the tea is still medicinally valuable but, according to alchemy, we have also thrown away a lot of components necessary for life.

Now if we had extracted all the essentials of the plant including its alcohol ‘Spirit’ and had a tea made up of all of the essentials, that would be a spagyric herbal stone or elixer. However, we would still not have a living Herbal Stone. By definition a spagyric tincture or medicine has all of the chemical components of the living substance from which it is made but the process of production has somehow eliminated the mysterious and elusive aspect of life. (For example, ordinary baked bread can have all of the chemical components of living wheat but if a slice of ‘spagyric bread’ is put into the ground it will not produce more wheat). We will discuss this further in Chapter ____ where we will report how a major part of the curriculum at the Paracelsus Research Society and its successors consist of producing such a ‘non-living’ simulation of a living Herbal

Philosopher's Stone.

Chapter 23: Alchemy At Hogwarts: (Nicholas Flamel and Harry Potter)

J.K. Rowling

Nicholas Flamel 'Murder of the Innocents'

Flamel: Friend of Professor Dumbledore, the head of Hogwarts.

Book Five: Why Immortality?

Chapter 24: From Gilgamesh To Post-Freudianism

How modern psychology moved from the sexual theories of Freud to seeing the more basic importance of the Fear of Death. Gilgamesh. Freud. Adler. Jung. Ernest Becker

Chapter 25 : Zanon: Two Kinds of Alchemists

The hermit contrasted with the man of the world.

Chapter 26: The Comte de St. Germain

The man who never dies. Casanova diaries. Francis Bacon. Manly Hall

Chapter 27: How Immortals Can Improve The World

The world's need for maturity. Present leaders of world like children

Documents, Bibliography and Index

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

